Editorial note on
Pubescent ' Diet Physical Activity
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Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease thought to be a facet trait in the neuroticism personality domain (overindulgence/negative urgency) which is prospectively associated with the development of substance abuse. Regular physical activity or cardiorespiratory fitness decreases the risk of cardiovascular disease mortality in general and of coronary heart disease mortality in particular. As a result of these efforts, the committee formulated many findings that are highlighted throughout this report. In this final chapter, these findings are summarized and consolidated into seven overall conclusions.