



GOOD FIT: Benny O'Connor, 7, Jessica Grae, 7, Ashlee Grae, 12, and Lily O'Connor, 8, showed plenty of endurance at Burleigh Heads yesterday. Picture: Nigel Hallett

SCIENTISTS DISCOVER WHY KIDS WERE BORN TO RUN YOU RAGGED

CHRIS HONNERY

RESEARCHERS have discovered why kids can run around all day without raising a sweat.

An international study, published today in the *Frontiers in Physiology* journal, has found young kids are built like elite marathon runners, or at least their muscles are.

Children aged eight to 12 were found to

have muscles that could resist fatigue similar to elite endurance runners and could recover quicker from high intensity exercise than untrained adults.

Edith Cowan University School of Medical and Health Science professor Tony Blazevich said kids have great aerobic fitness.

"Most of us probably remember as children running around outside for hours and hours and

then waking up the next day and doing it again, yet if we tried to do the same thing as adults we would be absolutely shattered," he said.

Queensland-based My First Gym – designed specifically for kids aged seven months to 13 years – has found its little members do the equivalent of 8000 steps each day, without stopping.

Chief executive officer Dan Newton said

the challenge was actually in getting kids to stop exercising, rather than start, because they were motivated by their "My Movement Buddy" activity tracker.

"They'll be running around a high-intensity NinjaWarrior course until they're red in the face, but won't stop until they've beaten their score from yesterday, beaten their classmate or even better, beaten their coach," he said.