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Title: Physical activity: Children with asthma and without asthma

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Body: Background: It is well known that regular physical activity has health benefits, reducing obesity, morbidity and mortality. Currently, the practice of physical activity in asthmatic patients shows a significant improvement of disease symptoms, however, there is disagreement in the literature whether asthmatic children are more sedentary than children without asthma. Objective: To compare level of daily physical activity in children with and without asthma. Method: We studied 121 children (79 asthmatics) of both genders among 7-12 years. Were selected for the study asthmatic patients with controlled disease. The level of daily physical activity was monitored by use of the accelerometer for six days (four weeks on and two on the weekend). Results: Total number of steps, steps and time in moderate physical activity between genders of the asthma and control groups were similar.

Total number of steps, steps and time in moderate physical active during weekdays

	Boys		Girls	
	Asthmatic	Controls	Asthmatic	Controls
Total steps	15346	14245	12150	11264
Moderate steps	6934	6457	5524	5368
Moderate time	54,4	50,7	42,8	39,5

All findings are presented as mean. P value >0,05

Percentage of children classified as active by steps and time are similar.

Conclusion: Characteristics related to asthma do not seem to affect the physical activity in children with controlled disease, making the practice of daily physical activity similar to that of children without asthma.