

KID'S ENERGY

Knowing your energy expenditure is critical for sports success-and you can't go by what the adults do



FEED THE KID! CHILDREN WILL EXPEND MORE ENERGY FOR THE SAME TASK AS AN ADULT.

Original Research

Harrell, J., et al. Energy costs of physical activities in children and adolescents.

Medicine and Science in Sports and Exercise 37(2):329-336, 2005.

Obviously, your training is the most critical component of your sporting success. But immediately after what you do in training comes nutrition. The simple fact is that without training you will not improve. But if you do not know how much energy your activity consumes, how can you refuel your body properly? Since the 1990s adults have had an opportunity to review how much energy different activities require, thereby gaining accurate information to use in planning an effective nutritional regimen, exercise intensity, etc. However, the same does not hold true for children and teenagers. In fact, coaches and parents typically design kids' diet and exercise regimens based on knowledge derived for adults. As this study will show, that could prove to be a mistake.

Power Key: energy use, children, youth, adolescents, exercise