



Physical activity intensity and subclinical atherosclerosis in Danish adolescents: the European Youth Heart Study.

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Abstract: The aim was to investigate the associations between physical activity (PA), cardiorespiratory fitness (CRF) and intima media thickness (IMT) or stiffness. This was a population-based cross-sectional study (n=?336) of Danish adolescents [mean age (standard deviation, SD): 15.6 (0.4) years]. PA intensity was assessed objectively (ActiGraph model GT3X) and CRF using a progressive maximal bicycle test. Carotid IMT and arterial stiffness were assessed using B-mode ultrasound. In a multivariate analysis (adjusted for pubertal development and smoking status), CRF was inversely associated with measures of carotid stiffness (standard beta: -0.20 to -0.15, P?

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