Tracking of Physical Activity, Cardiorespiratory Fitness and Selected CAD Risk Factors from Childhood to Adulthood: An 11-Year Follow-up Study

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CONCLUSION

- VO$_2$ max (relative to BM) Remained the Same from Childhood to Young Adulthood in Saudi Young Males, While VO$_2$ max (scaled to 2/3 or to 3/4 of BM, or Relative to BSA) Increased Significantly.

- Tracking Coefficients of Physical Activity & Cardiorespiratory Function over an 11-year Period from Childhood to Adulthood were Low.

- The % of Obese & Physically Inactive Saudi Youth Increased Substantially from Childhood to Adulthood.