

Zusammenhang zwischen intensiver körperlicher Aktivität und gesundem Gewicht

BMI	Klassifikation
< 18.5	Untergewichtig
18.5 – 24.9	Normal
25 – 29.9	Übergewichtig
30+	Fettleibig

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2. Ruiz JR, Rizzo NS, Hurtig-Wennlöf A, Ortega FB, Wärnberg J, Sjöström M. (2006). Relations of total physical activity and intensity to fitness and fatness in children: the European Heart Health Study. *American Journal of Clinical Nutrition* 84(2):299-303.
3. Ekelund U, Sardinha LB, Anderssen SA, Harro M, Franks PW, Brage S, Cooper AR, Andersen LB, Riddoch C, Froberg K. (2004). Associations between objectively assessed physical activity and indicators of body fatness in 9- to 10-y-old European children: a population-based study from 4 distinct regions in Europe (the European Youth Heart Study). *American Journal of Clinical Nutrition* 81(6):1449-50.
4. Relations of total physical activity and intensity to fitness and fatness in children: *American Journal of Clinical Nutrition* 81(4):746-50.
5. Black AE, Coward WA, Cole TJ, Prentice AM. (1996) Human energy expenditure in affluent societies: an analysis of 575 doubly-labelled water measurements. *American Journal of Clinical Nutrition* 50(72):-92-303.
6. German Nutrition Society, Austrian Nutrition Society, Swiss Society for Nutrition Research, Swiss Nutrition Association. (2002) Reference values for nutrient intake. Frankfurt/Main: Umschau/Braus: German Nutrition Society.
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