

Haapala EA et al. *Medicine & Science in Sports & Exercise* 2018

? Decreased physical fitness and increased prevalence of overweight are major health concerns in children, but the knowledge on their relation to cognition remains limited

371 children
188 boys, 183 girls
6-8 years of age

At baseline and at 2-
year follow-up we
assessed



Motor skills



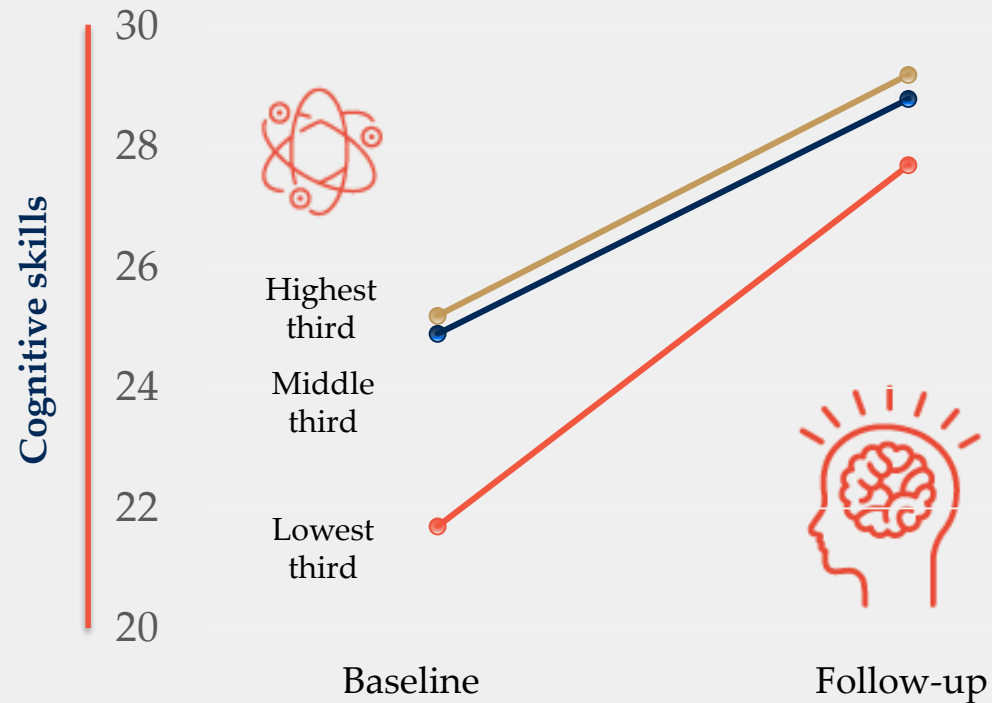
Aerobic fitness



Body fat percentage



Cognitive skills



Better **motor skills** at baseline were related to better cognitive skills over the follow-up in boys

None of the investigated variables were associated with cognitive skills in girls