

# The Role of Peer Social Network Factors and Physical Activity in Adolescent Girls

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**Objective:** To study the relationship between peer-related physical activity (PA) social networks and the PA of adolescent girls. **Methods:** Cross-sectional, convenience sample of adolescent girls. Mixed-model linear regression analyses to identify significant correlates of self-reported PA while accounting for correlation of girls in the same school. **Results:** Younger girls were more active than older girls. Most ac-

tivity-related peer social network items were related to PA levels. More PA with friends was significantly related to self-reported PA in multivariate analyses. **Conclusions:** Frequency of PA with friends was an important correlate of PA among the peer network variables for adolescent girls.

**Key words:** Social networks, social support, physical activity, adolescents, girls

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