



## Physical Activity and Adolescent Students' Health

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### Message from the Collection Editor

Physical activity (PA) and exercise enhance the functioning of the musculoskeletal and cardiovascular systems. PA is also known to confer benefits such as improvement in weight control, bone and muscle strength, mental health and mood, ability to perform daily activities, and life span, as well as reduction in the risk of cardiovascular disease, type II diabetes, metabolic syndrome, certain cancers, and falls. Furthermore, physical inactivity has been known to lead to sedentary lifestyle that in turn may lead to overweight or obesity. Physical inactivity is also known to have adverse health effects, such as increased risk of cardiac disease, musculoskeletal disorders, stroke, type II diabetes, and certain cancers. Therefore, adequate PA is considered important for good health.

Adolescence is an important period for establishing healthy habits for healthy adulthood. For example, approximately 80% of obese adolescents grow into obese adults. Many studies have investigated the relation between PA and corresponding health effects. The results of these studies suggest that it is important to increase PA and decrease sedentary habits to improve health in adolescence.





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## Message from the Editor-in-Chief

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