



## **Physical Activity in Children's Health: Management for Leisure, Recreation and Sports**

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### **Message from the Guest Editors**

Physical activity and sport are essential for the harmonious and healthy development of children. Scientific evidence has shown the benefits of physical activity on a physical, psychological and social level during the early stages of life. Currently, the lack of physical activity in children has become a major problem. Childhood obesity levels are and will continue to be a public health problem, especially in the near future.

It is essential that institutions address this situation from a multidisciplinary and cross-cutting perspective, developing strategies that increase the levels of AP. It is necessary to promote school physical education as a basis for instilling healthy habits, as well as developing and managing spaces, times and activities for recreation and active leisure in order to develop active and healthy children and adolescents.

Physical activity at this stage should be based on play, practice sports and recreational activities that encourage interaction with other children, whether at school, with the family or in community activities.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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