



Health Promotion in Relation to Behavioral Nutrition and Physical Activity in the Era of Sars-Cov2 Pandemic

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Message from the Guest Editors

In the context of contemporary society, the condition generated by the Sars-Cov2 virus has created a megatrend on a planetary scale that has changed greatly the quality of daily life of its population with the first event in the history of humanity that can be considered as a *total social fact*. In addition, the crisis caused by COVID-19 and the lack of an organic vision has demonstrated the importance of a public health system that can respond to the complexity of its surrounding environment. Such complex needs make it necessary to provide complex and immediate answers. We have been able to record problems related to 'secondary causes of COVID' such as changes in eating habits, sedentariness, or the interruption of sports and motor activities. The 'secondary causes' identified here are to be interpreted as the possibility of increasing one's exposure to the risk of damage caused by the 'imperfect storm' of the pandemic. Therefore, it is necessary to change harmful attitudes in both individual and public health in order to achieve the goal of a complete state of well-being and not just the absence of disease, which is in accordance with the UN Agenda 2030 and the 17 SDGs.





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Message from the Editor-in-Chief

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