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Physical Activity, Physical and Psychological Health 2.0

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Deadline for manuscript
submissions:

closed (31 March 2023)

Message from the Guest Editors

Health promotion and enhancement are actions with an impact not only on the single individual, but also on communities and, more generally, our society. Regarding the physical domain, obesity and overweight rates, health-related physical fitness, and a sedentary lifestyle are just some of the factors raising concern among health professionals; in the psychological domain, variables such as chronic stress, anxiety, psychological wellbeing, and self-perceptions (self-esteem, self-concept, body image, etc.) are considered essential for the determination of one's health condition. Finally, in this second issue we believed it was really important to recognize the social and environmental domains of health. The aim of this Special Issue is to present the latest PA-based protocols and programs and their effect on one or more physical, psychological, social and environmental variables of health.



mdpi.com/si/128809

Special Issue



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Message from the Editor-in-Chief

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