

## Special Issue

# Bidirectional Associations between Physical Activity and Psychosocial Factors

### Message from the Guest Editor

Physical activity is well known for its important role in physical and mental health in all ages. Numerous studies have proved that systematic participation in several types of physical activity may improve physical condition, which in turn is associated with improvements in several physical and psychological variables, especially in frail populations with poor physical and mental health. On the other hand, numerous studies have examined the motives for physical activity and tested motivation theories, aiming at developing practices to enhance physical activity adherence over one's lifetime. Adopting an active lifestyle is critical; however, it is difficult to determine how this goal can be best achieved. Motivation is important and should be considered in the design and planning of interventions encouraging an active lifestyle.

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### Guest Editor

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