

Special Issue

Physical Activity, Physical and Psychological Health

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. Owing to that, delving into the physical and psychological domains of health and finding proper strategies to prevent the onset (or reduce the effects) of diseases that are currently spread worldwide should represent a primary objective of the scientific community. The aim of this Special Issue is to present the latest PA-based protocols and programs and their effect on one or more physical and psychological variables of health. We hope that authors' contributions to this issue will help health practitioners from different communities and areas better respond to the needs of diverse populations. For more information, please see: "[Physical Activity, Physical and Psychological Health](#)"

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Deadline for manuscript submissions

closed (31 March 2022)



Behavioral Sciences

an Open Access Journal
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Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



mdpi.com/si/61884

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About the Journal

Message from the Editor-in-Chief

With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

Prof. Dr. Jerrell Cassady

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