



children



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Health Benefits of Physical Activity for Children and Adolescents

Guest Editor:

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Message from the Guest Editor

Physical activity has been associated with numerous health benefits in children and adolescents. Regular physical activity improves bone health, weight status, cardiorespiratory and muscular fitness, cardiometabolic health, cognition, self-esteem, and leads to a reduced risk of depression and depressed mood. Physical activity is a tool for maintaining physical and mental balance and is an important issue from a public health perspective. The World Health Organization guidelines recommend at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity across the week for children and adolescents from 5 to 17 years old.

This Special Issue aims to gather scientific evidence that advances our knowledge about strategies and interventions to assess, improve, and promote physical activity in children and adolescents.

Authors are invited to contribute to this issue by submitting original research, review articles, short reports, brief commentaries, case reports, and meta-analysis related to the health benefits of physical activity in children and adolescents.



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Special Issue