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The Role of Exercise in the Prevention and Management of Obesity in Children

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Message from the Guest Editor

Childhood obesity is an ever-increasing problem in modern societies. It is linked to complications in a child's physical, social, and emotional wellbeing, as obese children are prone to developing chronic diseases, such as diabetes, dyslipidemia, hypertension, musculoskeletal injuries, but also problems in psychological health such as low self-esteem and isolation. Increased energy intake through food and reduced physical activity due to a sedentary lifestyle are the main modifiable factors leading to childhood obesity. Adhering to exercise activities from childhood plays a key role in maintaining a healthy body weight and fat along with beneficial health effects on physical and emotional level through lifetime.

This Special Issue is dedicated to the publication of recent research on the effectiveness of exercise and physical activity in the prevention and management of childhood obesity, with the goal to contribute to the reduction of childhood obesity worldwide.



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Special Issue



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Message from the Editor-in-Chief

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