

## Special Issue

# Sedentary Behavior and Too Little Exercise: Linked to Childhood Health

### Message from the Guest Editors

Sedentary lifestyles and undertaking too little exercise remain key behaviours which lead to multiple, negative health outcomes in childhood. Despite this, modern lifestyles continue to facilitate increasing sedentariness and there remains ongoing concerns that children do not engage in sufficient exercise for health benefits. This includes concerns regarding unhealthy weight and obesity, poorer cardiometabolic health, poorer motor skills, impaired cognition, poorer academic achievement, and more negative wellbeing. Although interventions to encourage children to sit less and to enhance physical activity have been trialed, there remain significant gaps in scientific understanding of the effectiveness and utility of interventions targeting sedentary behaviour in children. This Special Issue invites contributions from across the spectrum of health, sport and exercise, and social and life sciences examining the issue of sedentary behaviour and lack of exercise in children. This Special Issue is open to original research, review articles, short reports, brief commentaries, case reports, meta-analyses, related to sedentary behaviour, and lack of exercise in children.

---

### Guest Editors

Dr. Clare M.P. Roscoe

Clinical Exercise and Rehabilitation Research Centre, School of Sport and Exercise Science, University of Derby, Kedleston Road, Derby Campus, Derby DE22 1GB, UK

Prof. Dr. Michael Duncan

Centre for Sport, Exercise and Life Sciences, Coventry University, Coventry CV1 5FB, UK

---

### Deadline for manuscript submissions

closed (10 January 2025)



## Children

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.1  
CiteScore 3.8  
Indexed in PubMed



[mdpi.com/si/142212](https://mdpi.com/si/142212)

*Children*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[children@mdpi.com](mailto:children@mdpi.com)

[mdpi.com/journal/  
children](https://mdpi.com/journal/children)





# Children

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.1  
CiteScore 3.8  
Indexed in PubMed



[mdpi.com/journal/  
children](https://mdpi.com/journal/children)



## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

---

### Editor-in-Chief

Prof. Dr. Paul R. Carney

Departments of Child Health and Neurology, University of Missouri, 400 Keene Street, Columbia, MO 65211, USA

---

### Author Benefits

#### Open Access

— free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, and other databases.

#### Journal Rank:

JCR - Q2 (Pediatrics) / CiteScore - Q2 (Pediatrics, Perinatology and Child Health)