

Special Issue

Health Benefits of Physical Activity for Children and Adolescents: 2nd Edition

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, and 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 Special 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.

Guest Editor

Dr. Sabrina Masotti

Department of Neuroscience and Rehabilitation, University of Ferrara,
44121 Ferrara, FE, Italy

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Children
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
children@mdpi.com

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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

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