

Special Issue

Physical Activity and Lifestyle Habits in Children and Adolescents

Message from the Guest Editors

Being physically active and adopt healthy lifestyle habits can provide several physical, cognitive, and mental benefits. However, high percentage of children and adolescents do not reach the daily physical activity recommendations in addition to being involved in harmful life habits increasing the risks to development of health problems. In this Special Issue "Physical Activity and Lifestyle Habits in Children and Adolescents" of Children journal aims to illuminate the current knowledge in research relevant to impacts of physical activity practice and lifestyle habits in children and adolescents. We welcome original research articles, reviews and short papers covering issues related to impacts of physical activity and/or physical exercise practices and lifestyle habits in mental health, cognition, academic performance, body composition, physical growth and biological maturation of the young people. Other issues related to impact of physical active and lifestyle habits in children and adolescents not listed above may be appreciated and accepted for publication. We look forward to receiving your contributions.

Guest Editors

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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

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