

## Special Issue

# Physical Activity and Sedentary Behaviors in Children and Adolescents

### Message from the Guest Editors

The escalating prevalence of sedentary lifestyles among children and adolescents has emerged as a significant global public health concern. Physical activity during these formative years is essential for proper growth, development, and the prevention of chronic diseases later in life. Recent advances in research methodologies, technology, and intervention strategies have shed new light on the patterns, determinants, and health impacts of physical activity and sedentary behavior in young populations. This Special Issue compiles cutting-edge studies that delve into these developments, aiming to inform policies and practices that promote active lifestyles among youth. By highlighting innovative approaches and findings, we aspire to stimulate further research and contribute to effective strategies for reducing sedentary behavior and enhancing physical activity in children and adolescents.

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### Guest Editors

Dr. Henri Tilga

Institute of Sport Sciences and Physiotherapy, University of Tartu, Ujula 4, 51008 Tartu, Estonia

Dr. Andre Koka

Institute of Sport Sciences and Physiotherapy, University of Tartu, Ujula 4, 51008 Tartu, Estonia

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### Deadline for manuscript submissions

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## Children

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

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### 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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