

Special Issue

Promoting Healthy Lifestyles in Children and Adolescents

Message from the Guest Editors

Healthy lifestyles represent ways of living that minimize the risk of illness or premature death. Although the literature lacks a unified definition of which habits constitute such a lifestyle, physical activity and nutrition are consistently emphasized as essential components, demonstrating the importance of addressing this subject. These habits are established during childhood, shaped through learning and repetition, and often become automatic over time. Given that this formative phase coincides with children's development, both family and education play crucial roles in fostering and sustaining these habits.

We welcome the submission of groundbreaking studies that examine new perspectives on health promotion, evaluate the effectiveness of school-based and community-driven interventions, and analyze the interplay between physical, mental, and social dimensions of health. Contributions that explore the integration of technological innovations in fostering healthy lifestyles or examine cultural and contextual factors shaping healthy behaviors are particularly encouraged.

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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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