

Special Issue

Effects of Exercise on Children Physical Development

Message from the Guest Editor

Sport and physical exercise can be effective in increasing socialization, inclusion, self-esteem, wellbeing and even more so in children following acute diseases and with chronic diseases than in healthy subjects. Lifestyle intervention might be properly designed and realized, adapting existing effective models, in the family, school, gym, and sport context, following models of fun and healthy competition. Sport and exercise are as important as traditional formation and progressive knowledge but might be properly integrated and enhanced to be effective on a large scale. Articles concerning successful intervention with sport or regular physical activity both in healthy children as well as in children affected by chronic disease are welcome. Programs implemented in families, schools, in sport or other contexts will be considered. New approaches to long-term monitor physical activity will be considered. Motivational intervention will also be considered. Any other valuable papers on this essential field will be evaluated.

Guest Editor

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Deadline for manuscript submissions

closed (31 December 2020)



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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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