

Special Issue

Physical Activity and Nutrition Research

Message from the Guest Editors

Childhood, especially early childhood, is a critical period to create a healthy diet and physical activity habits, which are vital for optimal growth, development, and health. Furthermore, as diet and physical activity habits have been found to track into adolescence and adulthood, there is a great need for the promotion of healthy lifestyle behaviors early in life. Poor nutrition and insufficient physical activity are risk factors for overweight and obesity as well as for metabolic disorders in childhood. Thus, the promotion of a healthy diet and adequate physical activity in young children is essential. This Special Issue entitled “Physical Activity and Nutrition Research” welcomes original research articles, reviews, and meta-analyses on any subject related to nutrition and physical activity in children aged 0 to 12 years.

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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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