

Special Issue

Physical Activity in Children with Disabilities

Message from the Guest Editors

Physical activity and play are integral to child development. The American Academy of Pediatrics published guidelines recommending that toddlers engage in three or more hours of physical activity a day and children ages three to seventeen benefit from sixty minutes of physical activity daily incorporating aerobic activity, muscle strengthening, and bone strengthening (Lobelo et al., 2020). When we narrow down the population to children with disabilities, the World Health Organization recommends guidelines for physical activity in children with disabilities that are in alignment with recommendations for children without disabilities (Carty et al., 2020). Case, Ross, and Yun (2020) report that despite these recommendations, only 19% of a sample of 3010 US students with disabilities were meeting these recommendations. Therefore, it is critical that research explores the facilitators and barriers to achieving appropriate amounts of physical activity to mitigate the development of comorbidities associated with a sedentary lifestyle but, more importantly, to improve the quality of life, health, and wellbeing of children with disabilities.

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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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