

Special Issue

Physical Exercise and Healthy Eating Behaviors: Finding the Optimal Balance for Children

Message from the Guest Editors

Establishing healthy lifestyle habits during childhood is essential for the prevention of obesity and other non-communicable diseases such as type 2 diabetes, hypercholesterolemia, and psychological disorders. Despite widespread awareness of this, sedentary behavior and poor nutritional patterns remain prevalent in youth populations on a global scale. Thus, the aim of this Special Issue is to examine the synergistic role of physical activity and dietary behaviors in shaping children's physical, cognitive, and emotional development. We seek high-quality contributions that explore behavioral, social, environmental, and political strategies for active and healthy lifestyles. Manuscripts addressing innovative interventions, school- and community-based programs, digital health tools, and evidence-based practices are particularly welcome. This Issue will serve as a platform for advancing interdisciplinary research and translating findings into scalable, real-world strategies.

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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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