



an Open Access Journal by MDPI

The Covert Benefits of Exercise and Sports

Guest Editors:

Dr. Ana Maria Abreu

Center for Interdisciplinary
Research in Health, Universidade
Católica Portuguesa, 1649-023
Lisbon, Portugal

Dr. Miguel Nery

Faculty of Health and Sport
Sciences, Universidade Europeia,
1500-210 Lisboa, Portugal

Dr. Rui Biscaia

Department for Health, University
of Bath, Bath BA2 7AY, UK

Deadline for manuscript
submissions:

closed (30 November 2022)

Message from the Guest Editors

Dear Colleagues,

Sports and exercise have gained new importance in the fight against obesity and sedentarism associated with a modern lifestyle. However, the attention given to the other benefits of exercise and sports is scant and the mental, social, and cognitive benefits of exercise and sports involvement are less frequently discussed. The aim of this Special Issue is to update researchers on the somewhat covert health benefits of sports (both participation and spectatorship) and exercise. The main health issues of interest include but are not limited to the cognitive benefits of exercise and sports, the importance of outdoor exercise for children's mental health, sports as a buffer for bullying, exercise and self-image, the importance of play and rough and tumble for child development, the importance of sports as a tool for social inclusion and promotion of health in communities at risk, and the contribution of sports participation and attendance for the wellbeing of consumers.

Dr. Ana Maria Abreu

Dr. Miguel Nery

Dr. Rui Biscaia



mdpi.com/si/97757

Special Issue



an Open Access Journal by MDPI

Editor-in-Chief

**Prof. Dr. Lorraine S.
Evangelista**

Sue & Bill Gross School of
Nursing, University of California,
Irvine, CA 92697, USA

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank: JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)