

Special Issue

Promoting Health and Well-Being Through Lifestyle and Physical Activity

Message from the Guest Editors

The scope of this Special Issue includes studies on diverse forms of physical activity in various contexts—leisure, workplace, school, and transportation—and their relationships with health outcomes, quality of life, and well-being. We encourage the submission of studies that employ multiple methodologies, including longitudinal, cross-sectional, qualitative, and intervention studies. This Special Issue also welcomes investigations into sedentary behavior, barriers to activity, and effective strategies for promoting physical activity and healthy lifestyles across different populations and cultural settings. In this Special Issue, we are pleased to invite contributions that address a wide range of topics, including, but not limited to, the following: health promotion programs; leisure and recreational activities; life satisfaction and well-being; and physical activity studies in clinical and educational settings with children and adolescent subjects. We welcome empirical studies, reviews, and theoretical papers that offer innovative insights into how to support and improve physical condition and quality of life across all ages, ensuring satisfactory well-being and quality of life.

Guest Editors

Dr. Olga Kouli

Department of Physical Education and Sport Science, Democritus University of Thrace, 69100 Komotini, Greece

Dr. Ioannis Trigonis

Department of Physical Education and Sport Science, Democritus University of Thrace, 69100 Komotini, Greece

Deadline for manuscript submissions

30 July 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/248182

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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

Author Benefits

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)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).