

## Special Issue

# Physical Activity and Sports Physiology in Young

### Message from the Guest Editors

One of the great challenges of today's society is combating a sedentary lifestyle as a way to improve the quality of life and prevent the onset of cardiovascular diseases and problems associated with physical inactivity, especially among the most vulnerable groups. In this sense, children and adolescents make up a group of interest, firstly because they are in a period of sensitive development and secondly because they are changing their habits towards more sedentary lifestyles. Thus, for example, a growing number of children and adolescents fail to accumulate at least 60 min of moderate to vigorous physical activity daily. Furthermore, the lack of physical activity has been linked with metabolic syndrome, which is being seen increasingly in children and adolescents. All this has led to a growing interest in the relationship between physical exercise and the risk of cardiovascular diseases as health indicators in young people in recent years. Thus, for this Special Issue, we welcome contributions related to "Physical Activity and Sports Physiology in Young".

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### Deadline for manuscript submissions

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## Healthcare

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## 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.

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