

Special Issue

Advancing Physical Activity and Well-Being in Children and Adolescents

Message from the Guest Editors

We are pleased to invite you to contribute to a Special Issue entitled “Advancing Physical Activity and Well-Being in Children and Adolescents.” Regular participation in physical activity during childhood and adolescence is a cornerstone for healthy growth and lifelong well-being, fostering optimal physical development, cognitive performance, emotional resilience, and social connectedness. However, global surveillance continues to reveal high levels of inactivity and prolonged sedentary behaviors in young people, alongside widening disparities linked to sex, socioeconomic status, and geography. These challenges underscore the urgent need for innovative, evidence-based strategies that not only increase activity levels but also address the multifaceted determinants of youth well-being. This Special Issue aims to advance knowledge on how physical activity programs can enhance the holistic health of children and adolescents. By assembling cutting-edge research and practical insights, we seek to create a comprehensive resource that informs policy, clinical practice, and program design worldwide.

Guest Editors

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About the Journal

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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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