

Special Issue

The Global Pandemic of Sedentariness: An Update of Multidisciplinary Knowledge

Message from the Guest Editors

Non-communicable diseases associated with the lack of physical activity of the population worldwide have been thoroughly documented over the last few decades. Various series of manuscripts (e.g. in The Lancet 2012 and 2016) have generated guidelines to reduce physical inactivity and to encourage a more active lifestyle for disease prevention. As far as we know, this type of series is lacking for sedentariness. Given the large increase in publications on sedentariness in the last 10 years, the latter entity deserves more attention. Today, too many people spend too much time seated, and there is an urgent need to bring together researchers and clinicians to discuss and to propose actions towards changing this trend and related consequences on health. Furthermore, the coronavirus disease 2019 (COVID-19) pandemic has accentuated the threat posed by this dangerous, non-communicable disease and, unfortunately, will most likely continue to do so.

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