

Special Issue

Physical Activity and Sedentary Behavior in Children, Youth and Adults: Risk Factors and Other Associated Variables—Second Edition

Message from the Guest Editors

Through this Special Issue, we invite you to submit your contributions aimed at supporting the need to maintain an active lifestyle in children, youth and adults, knowing the risk factors and other variables associated with physical inactivity and sedentary behaviors and proposing and implementing interventions to solve this problem. Specifically, we welcome research that provides relevant scientific evidence on topics such as:

- Physical activity;
- Sedentary behavior;
- Health behaviors;
- New technologies, physical activity and sedentary lifestyle;
- Interventions to support behavior and lifestyle changes;
- Benefits of physical activity in different contexts;
- Interventions for the improvement of quality of life through physical activity;
- Risk factors and variables associated with physical inactivity and sedentary lifestyle;
- Psychosocial variables associated with physical inactivity and sedentary behavior;
- Physical education as a tool to encourage physical activity and avoid sedentary behavior.

Guest Editors

Dr. Carmen Fernández Echeverría

Departamento de Motricidad Humana y Rendimiento Deportiva,
Facultad de Ciencias de la Educación, Universidad de Sevilla, 41004
Seville, Spain

Dr. Jara Gonzalez-Silva

Faculty of Education and Psychology, University of Extremadura, 06006
Badajoz, Spain

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

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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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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

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