

Special Issue

Physical Activity, Healthy Lifestyle and Well-Being Across the Lifespan: Second Edition

Message from the Guest Editors

Maintaining a physically active lifestyle has numerous advantages on health and well-being across various life stages, as widely recognized and supported by research. However, physical inactivity is a prevalent issue across all ages worldwide and represents an increased risk of health problems. This Special Issue of *Healthcare* offers a platform for publishing research exploring the determinants and consequences of an active lifestyle to promote health and well-being throughout the lifespan. We eagerly anticipate the submission of original research studies that delve into various forms of physical activity within diverse contexts across all stages of life. We are particularly interested in papers that follow the trajectory of physical activity across all stages of life, specifically those exploring the relationships between physical activity, healthy lifestyles, health, well-being and the quality of life, and also those that explore the determinants and consequences of inactivity or sedentary behaviour. Additionally, we welcome studies that investigate the factors influencing physical activity throughout the lifespan.

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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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