

## Special Issue

# The Covert Benefits of Exercise and Sports

### Message from the Guest Editors

Sports and exercise have gained new importance in the fight against obesity and sedentarism associated with a modern lifestyle. However, the attention given to the other benefits of exercise and sports is scant and the mental, social, and cognitive benefits of exercise and sports involvement are less frequently discussed. The aim of this Special Issue is to update researchers on the somewhat covert health benefits of sports (both participation and spectatorship) and exercise. The main health issues of interest include but are not limited to the cognitive benefits of exercise and sports, the importance of outdoor exercise for children's mental health, sports as a buffer for bullying, exercise and self-image, the importance of play and rough and tumble for child development, the importance of sports as a tool for social inclusion and promotion of health in communities at risk, and the contribution of sports participation and attendance for the wellbeing of consumers.

### Guest Editors

Dr. Ana Maria Abreu

Center for Interdisciplinary Research in Health, Universidade Católica Portuguesa, 1649-023 Lisbon, Portugal

Dr. Miguel Nery

Faculty of Health and Sport Sciences, Universidade Europeia, 1500-210 Lisboa, Portugal

Dr. Rui Biscaia

Department for Health, University of Bath, Bath BA2 7AY, UK

### Deadline for manuscript submissions

closed (30 November 2022)



## Healthcare

an Open Access Journal  
by MDPI

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



[mdpi.com/si/97757](https://mdpi.com/si/97757)

*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)





# Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)



## 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

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
(Leadership and Management)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).