



Physical Activity Interventions for Sedentary Behavior Change

Guest Editor:

Dr. Elżbieta Cieśla

Faculty of Health Sciences, The
Jan Kochanowski University in
Kielce, Al. IX Wieków Kielc 19, 25-
317 Kielce, Poland

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Message from the Guest Editor

Physical activity and sedentary behaviour are considered primary determinants of the health of individuals and society. Ample scientific evidence indicates a beneficial effect of moderate-to-vigorous physical activity (at least 150 minutes/week) on the circulatory, respiratory and muscular systems. Physical activity has also been shown to reduce the risk of metabolic disorders, and to improve well-being and quality of life.

Many studies demonstrate a positive effect of moderate-to-vigorous physical activity on limiting sitting time.

The goal of this Special Issue is to provide an overview of current scientific knowledge about the effect of various forms of physical activity, including its volume and intensity, that underlie intervention and prophylactic programmes designed to limit sitting time among individuals of different ages and from different social groups, communities, and countries.

References

López-Valenciano, A.; Mayo, X.; Liguori, G.; Copeland, R.J.; Lamb, M.; Jimenez, A. Changes in sedentary behaviour in European Union adults between 2002 and 2017. *BMC Public Heal.* **2020**, *20*, 1–10, <https://doi.org/10.1186/s12889-020-09293-1>.





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Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture,
Adelaide University, Adelaide
5001, Australia

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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MDPI, Grosspeteranlage 5
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