



Active Commuting and Active Transportation

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Message from the Guest Editor

Among children, adolescents, and adults, the prevalence of physical inactivity is high. Studies that present trends of physical activity over the last few decades have shown that physical activity levels are not increasing. This is concerning because low levels of physical activity jeopardize the population's health status.

In order to increase the levels of physical activity and consequently improve health status, population-wide strategies are needed to change behavior. A seemingly easy way to increase the population's levels of physical activity is through active transportation. Active commuting and active transportation on foot or by bicycle create opportunities for physical activity, provide transportation options for those without a car, encourage social cohesion, and reduce contributions to air pollution. Therefore, it is important to know the prevalence of the use of active transportation, as well as strategies for its promotion.





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Message from the Editor-in-Chief

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