



## Active Living: The Causes and Consequences of an Inactivity Pandemic

Guest Editors:

**Dr. Hidde Bekhuis**

Behavioural Science Institute,  
Department of Orthopedagogics:  
Learning and Development,  
Radboud University, 6525 GD  
Nijmegen, The Netherlands

**Prof. Dr. Bert Steenbergen**

Behavioral Science Institute,  
Radboud University, 6525 XZ  
Nijmegen, The Netherlands

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### Message from the Guest Editors

Dear colleagues,

Our society has reached a pinnacle in physically inactive behavior, affecting all age groups and people at all socio-economic levels. An inactive lifestyle contributes to increasing health issues, decreased participation in society, work disability and social isolation. Given the mostly advantageous values attached to physical activity and its role in improving inactive lifestyles, it is extremely important to study what motivates people to start, continue and stop having an active lifestyle.

In this Special Issue, the causes and consequences of an inactive lifestyle are highlighted (e.g., not doing sports or not being active in daily life) among all groups in society: from children to the elderly, people with and without a migrant background, people with and without disabilities, people with different educational levels, people who just entered the labor market, young parents, etc. The (in)activity of those groups can be studied with a quantitative or qualitative approach, using a micro-, meso- or macro-perspectives.

Papers addressing these, as well as related topics, are invited to contribute to this Special Issue.





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University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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Health Editorial Office  
MDPI, St. Alban-Anlage 66  
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