



Physical Activity and Health Behaviors

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Message from the Guest Editors

This Special Issue is devoted to the study of interaction between physical activity and health behaviors. Research on the physiology, biochemistry, psychology, and biomechanics of health development is welcome. Physical activity is closely linked with health and well-being, and is also associated with individual behavior. Empirical evidence regarding the prevalence of exercise health behaviors can help individuals develop their bodies and improve their health status. Regular physical activity can help keep people think, learn, and improve judgment and cognitive skills as they age. Physical activity can also help to control weight and minimize obesity-related diseases. Good health behaviors can convey health benefits and protect individuals from disease. Therefore, more studies such as those presented in this volume are required. This will help us to design interventions for improving health that may change the behaviors and habits of individuals in order to make physical activity and healthy behavior the preferred option for individuals.





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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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