



Health-Related Physical Activity and Exercise

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Message from the Guest Editor

Physical activity and physical exercise are strategies for promoting health throughout life. This Special Issue aims to disseminate research focused on physical activity and physical exercise related to health. In this sense, studies that have investigated the determinants, correlates and/or measures of physical activity, sedentary behaviour, physical exercise and health-related physical fitness indicators (body composition, flexibility, aerobic fitness, strength) in different population subgroups (children, adolescents, adults, older adults, athletes, populations with disease diagnoses) are welcome. In addition, studies on monitoring and policies to promote physical activity and/or sports are welcome. All types of studies (interventions, case-control, cross-sectional, longitudinal, reviews, meta-analysis, etc.) are welcome for submission to this Special Issue, which intends to publicize the area of physical activity related to health.





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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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