



## Promotion of Healthy Active Habits in Children, Adolescents and University Students

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### Message from the Guest Editor

Dear Colleagues,

Physical inactivity is deliberated worldwide as the biggest public health problem of the 21st century. Evidence has associated PA with obesity, cardiorespiratory fitness, bone mass, cardiovascular risk factors, metabolic syndrome and psychological well-being in schoolchildren and has shown declines in PA levels from childhood to adulthood.

Papers on all methods and approaches involving the following topics are welcome for this Special Issue in *IJERPH*:

- Development of active strategies in order to increase PA levels at different stages of the student age.
- Identification of psycho-environmental determinants from PA, sedentary behaviors and health-related fitness in childhood, adolescence and University students.
- Assessment of PA, sedentary behaviors and health-related fitness on physical, psychological and emotional health indicators at different stages of the student age.
- Association between PA and sedentary behaviors with cardiovascular disease risk factors in children, adolescents and young adults.
- The role of active strategies and its impact on health in the transition from childhood to adulthood.

# Special Issue



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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. 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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