



New Perspectives in the Analysis of Healthy Lifestyles with Special Focus on Physical Activity

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Deadline for manuscript
submissions:

30 November 2021

Message from the Guest Editors

Dear Colleagues,

A healthy lifestyle involves the acquisition and maintenance of habits that promote people's health, such as having appropriate eating habits, healthy resting habits, avoiding stress and the consumption of tobacco, alcohol, and other drugs, in addition to the regular practice of physical activity. It is very important that adherence to habits that configure healthy lifestyles be adopted from an early age to avoid premature morbidity, as well as to alleviate other diseases associated with unhealthy lifestyles. In order to highlight the importance of physical activity, which we consider to be one of the factors crucial to the development of healthy lifestyles as it is associated with positive behaviors that are part of such lifestyles, we are interested in research aimed at the analysis and development of strategies to encourage the practice of regular physical activity to support the promotion of healthy behavior patterns. Also, we intend to publish studies that analyze and demonstrate the importance of maintaining a healthy lifestyle in order to improve quality of life.

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International Journal of *Environmental Research and Public Health*

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Message from the Editor-in-Chief

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