



Physical Activity, Sport and Health in Children and Adults

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Message from the Guest Editors

The practice of physical and sports activities is well recognized as a key factor for improving and maintaining health status and is essential to promote an active lifestyle across the lifespan. New challenges have arisen in the research field to promote sustainable actions and innovative strategies to help foster the practice of physical activity and sports in formal and informal contexts among different populations. Another key element is the promotion of long-term athletic development from childhood to adulthood to achieve a progressively growing audience of physically active people on a permanent and recurring basis. This Special Issue aims to provide selected contributions to address this topic, with a particular emphasis on how to transfer experimental interventions and findings to practical in-field applications.





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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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