



## Promoting Physical Activity and Healthy Lifestyles in Sports, Leisure-Time and Physical Education

Guest Editors:

**Dr. João Martins**

Faculty of Human Kinetics,  
University of Lisbon, Cruz  
Quebrada, 1499-002 Lisbon,  
Portugal

**Dr. João Costa**

School of Education, University  
College Cork, 2 Lucan Place,  
Western Road, T12 KX72 Cork,  
Ireland

Deadline for manuscript  
submissions:

**closed (30 November 2021)**

### Message from the Guest Editors

The health benefits of a physically active lifestyle are well established. Nevertheless, adolescents, adults, and older adults worldwide present high levels of physical inactivity. In most countries, inactivity levels have been stable, or their reduction too slow. With physical inactivity representing an increased risk for health issues, urgent action is needed to effectively promote physically active and healthy lifestyles. In this regard, research seeking to further understand the multiple influences of diverse types of physical activity (PA) is important to design specific evidence-based PA interventions.

In this Special Issue, we look forward to receiving high-quality original research studies (e.g., longitudinal, randomized control trials; mixed-methods; qualitative; cross-sectional; systematic reviews and meta-analyses) focused on all forms of PA in different contexts (e.g., in leisure time, at work, at school, in the household, active transportation) across all population subgroups in diverse cultural contexts.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI