



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

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### 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.





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## Editor-in-Chief

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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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