

## Special Issue

# Lifestyle, Physical Activity Level, and Sedentary Behavior of Children and Their Families during the COVID-19 Pandemic

### Message from the Guest Editor

Less than two years on from the beginning of the COVID-19 pandemic, health consequences with varying degrees of severity can be identified. Restrictions and quarantine related to the pandemic may lead to a significant increase in changes regarding health behavior. The consequence of the pandemic may include increased use of sedentary time, increased use of electronic devices or modified health behavior patterns, such as sleep or eating disturbances or decreased physical activity.

Considering the aforementioned issues and the prolonged periods of social isolation associated with the COVID-19 pandemic, there is a risk of perpetuating unhealthy lifestyles, leading to difficulties in readaptation after the COVID-19 crisis. Therefore, the purpose of this collection of research collection is to add to the current knowledge on:

Physical activity levels during the pandemic period  
Changes in health behaviors and their consequences  
Ways of motivating individuals to increase physical activity after restrictions;  
Sleeping and eating disturbances  
Quality of life  
New WHO recommendations

### Guest Editor

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### Deadline for manuscript submissions

closed (20 June 2023)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
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CiteScore 8.5  
Indexed in PubMed



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*International Journal of  
Environmental Research and  
Public Health*  
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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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