

## Special Issue

# Fitness, Physical Activity, and Health in Youth

### Message from the Guest Editors

Physical fitness is a powerful marker of health in children and adolescents. It is known that a set of physical fitness components such as cardiorespiratory fitness, muscular strength, and speed–agility is related with different health outcomes in youth. Furthermore, evidence suggests that physical fitness status during childhood might result in health benefits during adulthood. Physical activity refers to any bodily movement requiring energy expenditure, which includes a wide variety of behaviors such as washing dishes, walking, dancing, or playing basketball. Physical activity is the most effective behavior to improve physical fitness during childhood. While a sedentary lifestyle can hamper these improvements in fitness. However, physical inactivity in childhood is alarming worldwide, with nearly 80% of children and adolescents not meeting physical activity guidelines proposed by the World Health Organization. Considering both behavioral physical behaviors and their effect on physical fitness might shed light on relevant information for researchers, clinicians, and policymakers, which could result in important implications for public health.

### Guest Editors

Dr. Cristina Cadenas-Sanchez

Dr. Pontus Henriksson

Dr. Idoia Labayen

### Deadline for manuscript submissions

closed (1 May 2021)



## International Journal of Environmental Research and Public Health

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Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

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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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Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

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