

## Special Issue

# Physical Activity and Sedentary Behaviour Promotion: Moving Forward

### Message from the Guest Editors

Physical activity (PA) and sedentary behavior (SB) are important determinants of health, quality of life and well-being. Physical inactivity and prolonged SB are costly to individuals, employers, and society. An inactive lifestyle can lead to higher health care expenditures, lost wages and productivity, and even declines in mental health. It is believed that interventions to reduce physical inactivity and SB will be ineffective over the long term, or at a population level, unless people are given opportunities (e.g. such as a supportive environment), resources, capability, and motivation to avoid or minimize SB and engage in regular PA. For this special issue, we invite submissions that thoroughly describe interventions to promote PA and/or reduce SB in all stages of life with a clear focus on strategies to enhance adherence, sustainability and implementation in practice. We are particularly interested in high-quality research related to evaluating the effect and/or process of health promotion interventions to reduce physical inactivity and SB.

### Guest Editors

Prof. Dr. Maria Giné-Garriga

Dr. Jason Wilson

Dr. Anna Puig-Ribera

Dr. Andrea Hergenroeder

### Deadline for manuscript submissions

closed (31 May 2021)



## 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.

*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 journal.

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### Editor-in-Chief

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