

Special Issue

Lifestyle (Physical Activity Interventions, Screen Time, Sleep, and Diet) Related to Physical Fitness, Mental Health, and Cognitive Function

Message from the Guest Editor

Children's lifestyle (i.e., physical activity levels, screen time, sleep, and diet) has commonly been studied in the context of health. However, it is reasonable to expect that lifestyle factors are intertwined with physical, mental, and cognitive variables. In contemporary society, promoting mental and physical well-being among adolescents and adults is of great public health significance, as high levels of mental health are associated with a range of positive life outcomes. In addition, the assessment of physical fitness among adolescents and adults should be essential for controlling the health of this population. Adequate physical fitness may be important to the development of mental and cognitive parameters. Moreover, there is a growing interest regarding the impacts of lifestyle on cognitive processes. An increase in physical fitness levels together with a healthy lifestyle and should be a target for community and physical activity interventions to promote mental and cognitive development.

Guest Editor

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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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