

Special Issue

Physical Activity and Sedentary Behavior: Trends and Impact during the Pandemic

Message from the Guest Editors

The novel coronavirus disease (COVID-19) pandemic was first identified in December 2019 and has since changed the world in ways we had not previously witnessed in recent times. The efforts to contain the pandemic brought unprecedented efforts to institute physical distancing in countries all around the world, resulting in shutdowns of day-to-day functioning and changes in lifestyle behaviors. These lockdowns have varied from country to country and in certain countries, even from one part of the country to another. Undoubtedly, the efforts to contain the pandemic have led to changes and adaptations to lifestyle behaviors such as physical activity and sedentary behavior. Colleagues from around the globe have published literature on the early part of the pandemic reporting that during the that time, people in various countries increased sedentary behavior; however, others increased their physical activity. Other colleagues reported there was a shift in the type of physical activity that individuals were participating in since the beginning of lockdown in their respective countries.

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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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