

Special Issue

Stand Up for Yourself! Tackling Sedentary Behavior through Exercise and Lifestyle Change

Message from the Guest Editors

Prolonged time spent in sedentary behavior affects a large part of the population around the world. It is estimated that adults, for example, engage in this behavior between 6 and 8 h/day, and that many deaths could be avoided by reducing sedentary behavior. From a global perspective, the research contributes to the broad understanding of sitting time for developing new interventions that reduce sedentary behavior. This Special Issue aims at advancing the literature on "Stand Up for Yourself! Tackling Sedentary Behavior through Exercise and Lifestyle Change" from an interdisciplinary approach. We, therefore, welcome theoretical or empirical contributions that broaden knowledge on those factors as social and biological mechanisms for reducing sedentary behavior.

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About the Journal

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.

Editor-in-Chief

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