

Special Issue

Research of Sedentary Lifestyle, Physical Activities and Health Promotion

Message from the Guest Editors

Dear Colleagues, According to the latest recommendations of the World Health Organization, the regular practice of physical activities is essential to reduce sedentary lifestyles. Physical activity, proper nutrition and proper rest are habits that must be adhered to by the entire population. Special importance should be placed on creating these habits in the early stages. In addition, scientific evidence has found numerous benefits in quality of life, self-perception and personal well-being. As professionals in the health sector, it is essential to create a social transfer, adapt programs to promote physical activity and value its impact and improvement in people's lives. Social policies must proceed accordingly and promote activities related to healthy habits, from the educational, economic and social spheres, since it is not a cost but an investment in society. In this Special Issue interested authors are invited to contribute their research in the field of healthy habits and physical activity. Works that address aspects related to physical activity, health and quality of life will be considered suitable for this Special Issue.

Guest Editors

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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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