

Special Issue

Physical Activity in Children's Health: Management for Leisure, Recreation and Sports

Message from the Guest Editors

Physical activity and sport are essential for the harmonious and healthy development of children. Scientific evidence has shown the benefits of physical activity on a physical, psychological and social level during the early stages of life. Currently, the lack of physical activity in children has become a major problem. Childhood obesity levels are and will continue to be a public health problem, especially in the near future. It is essential that institutions address this situation from a multidisciplinary and cross-cutting perspective, developing strategies that increase the levels of AP. It is necessary to promote school physical education as a basis for instilling healthy habits, as well as developing and managing spaces, times and activities for recreation and active leisure in order to develop active and healthy children and adolescents. Physical activity at this stage should be based on play, practice sports and recreational activities that encourage interaction with other children, whether at school, with the family or in community activities.

Guest Editors

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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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Editor-in-Chief

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