

## Special Issue

# Physical Activities: As the Promotion of Adolescents' Physical and Mental Health

### Message from the Guest Editors

Physical activity levels during adolescence are related to current and future physical and mental health. Indeed, greater participation in physical activity during adolescence is associated with lower obesity, greater fitness, and better cardiometabolic health. Moreover, physical activity is associated with reductions in current mental health—reduced symptoms of depression, anxiety, and perceived stress in adolescents. However, the relationships between physical activity, physical health, and mental health are complex—they appear to differ by age, sex, the presence of co-occurring mental or physical health conditions, and socioemotional and other environmental characteristics. This Special Issue will showcase innovative and impactful research examining the relationships between adolescent physical activity, physical health, and mental health. We invite researchers to submit findings from cross-sectional and longitudinal studies examining the factors that influence these relationships in diverse samples. We also encourage researchers to submit findings from intervention studies examining the impact of physical activity programs on adolescent physical and mental health.

### Guest Editors

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### Deadline for manuscript submissions

closed (31 May 2022)



## International Journal of Environmental Research and Public Health

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CiteScore 8.5  
Indexed in PubMed



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*International Journal of  
Environmental Research and  
Public Health*

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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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