

## Special Issue

# Community and In-School Based Physical Activity in Children and Adolescent

### Message from the Guest Editor

Physical activity has many health benefits for children and adolescents. Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of fitness, lower body fat, and improved bone strength and muscles. In addition, physical activity has brain health benefits for children and adolescents, including improved cognition and reduced symptoms of depression. Regular physical activity is important for promoting lifelong health and well-being and preventing risk factors for various health conditions like heart disease, obesity, and diabetes. In this special issue, we present the practice-based evidence to inform evidence-based practice of physical activity in children and adolescents in community- and school-based programs.

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### Guest Editor

Prof. Dr. Jeffrey S. Hallam

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### Deadline for manuscript submissions

closed (31 March 2023)



## International Journal of Environmental Research and Public Health

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### 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.

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### Editor-in-Chief

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