



Promoting Physical Activity and Reducing Sedentary Behavior to Prevent Chronic Diseases

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Message from the Collection Editors

Decreased physical activity participation and increased sedentary behavior increase the risks of developing chronic diseases among various populations. Moderate-to-vigorous physical activity helps to build and maintain healthy bones and muscles; reduces the risk of developing obesity and chronic diseases and diminishes symptoms of depression and anxiety, thereby promoting cardiorespiratory fitness and psychological well-being. Physical inactivity is one of the 10 leading risk factors for global mortality. The study of promotion of physical activity and reducing sedentary behavior to prevent chronic diseases has become an emerging trend in the field. We invite investigators to contribute original research and review articles that will stimulate the continuing efforts to understand the relationships between physical activity, sedentary behavior, and health outcomes. In this Special Issue, we are particularly interested in articles examining the effects of physical activity programs on health promotion and disease prevention, as well as correlates and determinants of physical activity and sedentary behavior across the lifespan through experimental and observational research designs.





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