

Special Issue

Clinical Perspectives on Physical Activity and Health Across the Lifespan

Message from the Guest Editors

The justification for this Special Issue lies in the urgent need to address the escalating pandemic of sedentary behavior, physical inactivity, obesity, and related health conditions in children and adolescents. The COVID-19 pandemic has exacerbated these issues, with lockdowns and school closures leading to increased screen time and decreased opportunities for physical activity. This has resulted in a surge in obesity rates and associated health problems, such as diabetes and cardiovascular disease. Furthermore, the mental health implications of these lifestyle changes are becoming increasingly apparent. Therefore, the aim of this Special Issue is to highlight the latest research on the impact of physical activity on the health of young individuals. It seeks to address the critical issue of sedentary behavior and its associated health risks while promoting the benefits of regular physical activity. The scope of this Special Issue encompasses studies on physical activity interventions, epidemiological research, and innovative strategies to encourage reaching adequate physical activity levels.

Guest Editors

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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