

Topical Collection

Promoting Physical Activity and Reducing Sedentary Behavior to Prevent Chronic Diseases

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.

Collection 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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