

Special Issue

Physical Activity for Optimal Health: 2nd Edition

Message from the Guest Editors

We welcome researchers to contribute to this Special Issue, entitled "Physical Activity for Optimal Health: 2nd Edition".

Regular exercise is crucial to improving and maintaining one's physical and mental health, as well as general well-being, since it also reduces excess weight.

Sports and physical activity are valuable in the context of social inclusion and integration due to the multiple and varied benefits they bring to people's health and well-being. They can promote active social inclusion by allowing groups of disabled people to fully interact with and relate to other social groups. Physical exercise, by means of physical education and sport, is valuable and inclusive for all people.

This Special Issue presents articles related to the different fields of sports science, such as the use of accelerometry to quantify health parameters, recommendations and guidelines on physical activity, the development of comprehensive intervention models for reducing overweight and obesity, the use of physical activity monitoring systems, or knowledge related to adherence to physical activity programs for people with or without disabilities.

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Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/227471

*Journal of Functional
Morphology and Kinesiology*
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Editor-in-Chief

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