

Special Issue

Physical Fitness and Physical Activity in Young Adults

Message from the Guest Editor

Young adulthood represents a pivotal period in the life course, marked by profound biological, psychological, and social transitions that shape long-term health behaviors. Despite growing global concern about declining activity levels, increasing sedentary time, and the early onset of metabolic and mental health challenges, research focused specifically on young adults remains relatively limited compared with studies on adolescents or middle-aged populations. We aim to highlight emerging trends, explore the role of digital technologies and environmental influences, and examine links between physical fitness, mental well-being, academic or occupational performance, and long-term disease prevention. By integrating diverse methodological approaches and perspectives, this special issue will provide a comprehensive and updated understanding of this critical life stage, ultimately supporting the development of evidence-based interventions and policies that promote active and healthy lifestyles among young adults.

Guest Editor

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