

Special Issue

Setting Trajectories for Healthy Adulthood

Message from the Guest Editor

Worldwide, there are over a billion adolescents on their way to becoming adults. Although adolescence is a period of numerous challenges, there are many young people who are health conscious and thrive because they have adopted different health-related behaviors. These behaviors include, among others, physical activity; healthy nutrition; sufficient sleep; and avoidance of smoking, alcohol, and drug use. When young people are happy and motivated they have a sense of purpose and can contribute to their community in many meaningful ways. They have the potential to be the next community leaders. Approaches to the improvement of health and well-being among adolescents and young adults. This Special Issue is focusing on what activities young people do to improve their health status. Practice of healthy behaviors early in life can set favorable trajectories for healthy adulthood and older age. We are seeking original research articles that explore how adolescents and young people invest in their health and what actions they undertake to optimize their well-being.

Guest Editor

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