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## Green Exercise for Health and Well-Being

Guest Editors:

**Prof. Dr. Teresa Bento**

**Dr. Luis Cid**

**Dr. Nuno Couto**

Deadline for manuscript  
submissions:

**closed (30 January 2025)**

### Message from the Guest Editors

A growing and significant body of evidence has shown that being physically active in a natural environment or greenspace provides greater benefits to physical and mental health, along with well-being compared with physical activity or nature contact alone, and these benefits seem to be attainable within all age and sex groups, health conditions and contexts. Nonetheless, considering the actual context of increased sedentary behaviors, the aging population and the augmented costs of health services, more quality research is needed to evaluate the effects of exposure to nature in health and well-being to inform public health priorities.

This Special Issue of *Sports* aims at gathering the most recent research on the impact of green exercise on physical and mental health, and well-being across life stages, health conditions and settings, as well as highlighting the potential of green exercise in reversing inactive lifestyles.



[mdpi.com/si/201713](https://mdpi.com/si/201713)

**Special** Issue



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## Editor-in-Chief

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## Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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