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Maintaining a Healthy Lifestyle: Sustainability of Promoting Physical Activity

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Message from the Guest Editors

Dear Colleagues,

The purpose of this Special Issue is to present evidence of how healthy lifestyles, especially those involving physical activity, maintain sustainable physical and mental well-being. The focus of the Special Issue is on improving health and create a better future by addressing the challenges people face in order to stay fit, improve their health and manage chronic disease, with a particular emphasis on the role of physical activity in varied forms.

A better understanding of the relationship between physical activity and health and the effect of innovative intervention on health outcomes would significantly add to our knowledge of how to best translate scientific health research and discovery into practice. This Special Issue will supplement the existing literature by presenting the latest original and summative research from world-leading experts in their respective fields of endeavor from across the globe.

All types of research are welcome. We look forward to receiving your contributions.

Dr. Wenfei Zhu
Dr. Yuliang Sun
Guest Editors



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Special Issue



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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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