



## Physical Activity in Outdoor Context: from education to psycho-physical well-being

Guest Editors:

**Prof. Dr. Francesca Latino**

Department of Education and Sport Sciences, Pegaso University, 80143 Naples, Italy

**Dr. Valerio Bonavolontà**

Department of Biotechnological and Applied Clinical Science, University of L'Aquila, 67100 L'Aquila, Italy

Deadline for manuscript submissions:

**closed (30 June 2024)**

### Message from the Guest Editors

This research topic aims to empirically provide a contribution to the expansive and ever-growing literature about the effects of physical activity on mental and physical well-being.

Physical activity in natural environments is particularly important for improving human health and well-being, as it promotes practices and educational approaches that are ecologically sensitive, enhances social connections, connects people with their natural and cultural heritage, and fosters local identity and conservation consciousness. In addition, engagement with nature helps to develop a greater capacity of resilience and can contribute toward sustainable places and living.





an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Steve W. Lyon**

School of Environment and  
Natural Resources, Ohio State  
University, Columbus, OH 43210,  
USA

## Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international open access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. The journal publishes original research articles, reviews, conference proceedings (peer reviewed full articles) and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

## Author Benefits

**Open Access:** free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

**High Visibility:** indexed within [Scopus](#), [SCIE](#) and [SSCI \(Web of Science\)](#), [GEOBASE](#), [GeoRef](#), [Inspec](#), [RePEc](#), [CAPlus / SciFinder](#), and [other databases](#).

**Journal Rank:** JCR - Q2 (Environmental Studies) / CiteScore - Q1 (Geography, Planning and Development)

## Contact Us

---

*Sustainability* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/sustainability](http://mdpi.com/journal/sustainability)  
[sustainability@mdpi.com](mailto:sustainability@mdpi.com)  
[X@Sus\\_MDPI](https://twitter.com/Sus_MDPI)