



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

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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.





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