



## Physical Activity and Sustainable Healthy Lifestyles

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### Message from the Guest Editors

Physical activity is a significant aspect of a modern human's lifestyle. It meets biological, social, and psychological needs and influences quality of life. Studies clearly indicate an increased interest in participating in recreational activities combining physical effort with providing a pleasant experience, adventures, and emotions.

The aim of this Special Edition is to develop knowledge and an understanding of the dependence between the environment and external forms of physical activity. We encourage you to write articles in the fields of social science, humanities, natural science, as well as medical science. We will be pleased to receive documents that address all issues related to environmental sustainability and sport, and physical activity in the open air.

Deadline for manuscript  
submissions:

**1 July 2022**



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## Message from the Editor-in-Chief

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