



New Technologies and Strategies for Sustainable Healthy Lifestyles: Promoting Physical Activity and Healthy Nutrition Habits

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Message from the Guest Editors

Dear Colleagues,

The aging of the population, the increasing obesity rates, the rise in chronic diseases, and new unexpected global challenges such as the COVID-19 pandemic pose some major challenges for individuals and communities in terms of healthy lifestyles. Despite these negative trends, there is hope as most risks for preventable chronic conditions are related to changeable unhealthy behaviors like poor diet and physical inactivity. Different solutions have been proposed and have proven to be most effective when they are supported by theory-driven, individualized, personalized, just-in-time, long-term actions that raise awareness, coach individuals, and promote behavioral change toward health and wellbeing. Within such a realm, accessible, user-friendly, widespread technologies can be leveraged to deliver such interventions and help individuals and communities to embrace long-term healthy lifestyles...

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