



Wellness Interventions for Sustainable Healthy Lifestyles Promotion in Tactical Populations

Guest Editor:

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Deadline for manuscript submissions:

closed (15 September 2022)

Message from the Guest Editor

This Special Issue offers an opportunity to focus on the impact of physical activity, exercise, and nutrition on chronic disease prevention and psychophysical health in tactical populations, from the perspective of sustainability. A wide range of topics will be included in this issue related, but not limited, to the physical and mental wellbeing of employees; the implementation and effectiveness of fitness programs in the workplace; the engagement of managers in health initiatives, promoting sustainable healthy lifestyles for employees; health and wellbeing education interventions in workplace settings; and the impact of wellness interventions on work engagement and performance and/or productivity. Investigators that have researched these topics are invited to submit reviews and descriptive or experimental studies for consideration for this Special Issue of *Sustainability*.





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Message from the Editor-in-Chief

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