



Wellness Interventions for Sustainable Healthy Lifestyles Promotion in Tactical Populations

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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

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.

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