



Physical Activity, Aging, and Lifestyle Sustainability

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Message from the Guest Editors

Lifestyle has been associated with a range of public health problems, from childhood to old age. Research on active lifestyle is therefore important, especially due to its influence on human health and quality of life.

This Special Issue is interested in studies on physical activity, exercise, sport, physical fitness, cognitive status, psychological variables, physiological values, health, quality of life or related issues, and aging. This Special Issue specifically aims to receive research that helps to better understand the connection between active lifestyle and health status, which promote longevity and mobility.

The objective of this Special Issue is to advance our knowledge of physical activity and physical fitness, including the latter's specific benefits in each parameter of physical, social, cognitive, and psychological health, in the field of exercise, physical activity, and sports in older adults. We are particularly interested in intervention studies, cross-sectional, systematic reviews, and meta-analysis studies.





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