



Physical Activity, Aging, and Lifestyle Sustainability

Guest Editors:

Prof. Dr. Pablo Jorge Marcos-Pardo

1. Department of Education,
Faculty of Education Sciences,
University of Almería, 04120
Almería, Spain

2. SPORT Research Group (CTS-
1024), CERNEP Research Center,
University of Almería, 04120
Almería, Spain

pjmarcos@ual.es

Dr. Noelia González-Gálvez

Physical Activity and Sport
Sciences Department, Faculty of
Sport, Catholic University San
Antonio of Murcia, 30107 Murcia,
Spain

ngonzalez@ucam.edu

Deadline for manuscript
submissions:

30 November 2021

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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Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and
Applied Science, University of
Ontario Institute of Technology,
Oshawa, ON L1G 0C5, Canada

Message from the Editor-in-Chief

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Sustainability
MDPI, St. Alban-Anlage 66
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