



## Physical Activity and Sustainable Health

Guest Editors:

**Dr. Adilson Marques**

Faculdade de Motricidade Humana, Universidade de Lisboa, 1499-002 Cruz Quebrada, Portugal

amarques@fmh.ulisboa.pt

**Dr. Miguel Peralta**

Faculty of Human Kinetics, University of Lisbon, Cruz Quebrada 1499-002 Portugal

mperalta@fmh.ulisboa.pt

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**31 December 2021**

### Message from the Guest Editors

The Sustainable Development Goals (SDGs) are part of the United Nations 2030 agenda for peace and prosperity for people and the planet. Goal 3 from the SDGs, “Ensure healthy lives and promote well-being for all at all ages”, is focused on health promotion and reinforces the importance of well-being. Endorsing physical activity is often considered as an important strategy to promote health for all. Physical activity brings significant benefits for peoples’ health and can have an essential role in helping to achieve the SDGs.

Research interest in physical activity and its potential as a health-promoting strategy has been increasing over the years. Meaningful investigations on this topic can help public health, education, and social authorities to make more informed decisions and undertake meaningful action in promoting health and help to achieve SDGs goal 3.

This Special Issue is now open to scientific articles from all disciplines investigating:

- The impact of physical activity on health and well-being;
- The role of physical activity in promoting sustainable health;
- The use of physical activity as a strategy to promote health for all.





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### Prof. Dr. Marc A. Rosen

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

## 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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MDPI, St. Alban-Anlage 66  
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