

Special Issue

Physical Fitness and Healthy Lifestyles in Childhood and Adolescence

Message from the Guest Editors

The promotion of healthy lifestyles is exacerbated when it comes to children and young people—a population among whom sedentary lifestyles, sitting and screen use are of increasing concern. Unfortunately, it is not a simple problem to tackle given its multifaceted nature, which is influenced by personal factors, cultural factors, and social factors. In this sense, there is evidence that physical activity plays an important role in establishing and maintaining healthy habits and the barriers that hinder them. We will accept manuscripts from different disciplines. Special attention will be paid to original research involving the following topics:

- Physical fitness in children and adolescents.
- Healthy lifestyles in children and adolescents.
- Physical fitness and healthy lifestyles evaluation in children and adolescents.
- Healthy lifestyle promotion in children and adolescents.
- Public policies in the field of healthy habits in childhood and adolescence.
- Physical education and promotion of healthy lifestyles.

Guest Editors

Prof. Dr. Amador Jesús Lara Sánchez

Department of Didactics of Body Expression, University of Jaen, Jaen, Spain

Dr. Celia Marcen

Department of Psychology and Sociology, University of Zaragoza, 22003 Huesca, Spain

Deadline for manuscript submissions

closed (15 October 2023)



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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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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. *Sustainability* publishes original research articles, review 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.

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

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