

## Special Issue

# Live Well, Live Long: Strategies for Promoting Physical Activity as a Healthy Habit among University Students

### Message from the Guest Editor

This Special Issue aims to highlight innovative strategies for promoting physical activity and present recommendations of interventions for promoting healthy lifestyles in university students. We look forward to receiving high-quality original research studies (e.g., longitudinal, randomized control trials; mixed and qualitative methods; and systematic reviews and meta-analyses) on this topic. The outcomes could enable health and higher education stakeholders to find context-specific solutions to achieving their health and wellbeing goals and, ultimately, their SDGs. Moreover, involving students in health research may also bridge the gap between research and practice in implementation science and may lead them to adopt healthy lifestyles while advocating for changes to their environments.

### Guest Editor

Dr. Francis Ries

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### Deadline for manuscript submissions

closed (31 December 2023)



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### Editor-in-Chief

Prof. Dr. Marc A. Rosen

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