

Special Issue

Physical Activity and Sustainable Healthy Lifestyles

Message from the Guest Editors

Physical activity is a significant aspect of a modern human's lifestyle. It meets biological, social, and psychological needs and influences quality of life. Studies clearly indicate an increased interest in participating in recreational activities combining physical effort with providing a pleasant experience, adventures, and emotions. The aim of this Special Edition is to develop knowledge and an understanding of the dependence between the environment and external forms of physical activity. We encourage you to write articles in the fields of social science, humanities, natural science, as well as medical science. We will be pleased to receive documents that address all issues related to environmental sustainability and sport, and physical activity in the open air. Potential issues may include:

- Outdoor physical activity;
- Sports vs. environment;
- Effects of pollution and climate change on physical activity;
- Environmental sustainability, research methods used in the field of sport and physical activity;
- Knowledge of nature, of the environment and sustainability, and their interactions with sport and active lifestyles;

Guest Editors

Dr. Jarosław Cholewa

Dr. Ivan Uher

Dr. Jacek Wąsik

Deadline for manuscript submissions

closed (31 August 2023)



Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



mdpi.com/si/67520

Sustainability
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sustainability@mdpi.com

[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)





Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)



About the Journal

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.

Editor-in-Chief

Prof. Dr. Steve W. Lyon

School of Environment and Natural Resources, Ohio State University,
Columbus, OH 43210, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, RePEc, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1
(Geography, Planning and Development)