

## Special Issue

# Health and Sustainable Lifestyle: Balancing Work and Well-Being

### Message from the Guest Editors

The relationship between health and a sustainable lifestyle, particularly focusing on the balance between work and well-being, is garnering significant attention in an effort to achieve both. This Special Issue aims to make a substantial contribution not only to individual health and happiness but also to corporate success and societal sustainability. In this Special Issue, we also aim to address challenges related to sustainability through socio-economic, scientific, and integrated approaches to sustainable development. Our objectives include defining and quantifying sustainability, measuring and monitoring sustainability, and exploring sustainability tools, applications, policies, and laws. We welcome submissions on topics including but not limited to:

- health
- sustainable lifestyle
- work–life balance
- sustainable well-being
- healthy organization
- organizational culture
- social problem solution
- sustainable behavioral change
- employee satisfaction

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### Guest Editors

Prof. Dr. Akira Tsuda

Dr. Taiyo Miyashita

Dr. Phongchai Jittamai

Dr. Yoshiyuki Tanaka

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### Deadline for manuscript submissions

closed (30 November 2025)



## Sustainability

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# 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.

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## Editor-in-Chief

Prof. Dr. Steve W. Lyon

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