Special Issue

Physical Activity and Healthy Habits for Sustainable Well-Being

Message from the Guest Editors

The global prevalence of physical health challenges, such as sedentary lifestyles and obesity, and psychological disorders, such as depression and anxiety, is at an all-time high. This has prompted the World Health Organization to adopt the goal of promoting a greater abundance of physically active individuals to help create a healthier world, via its "Global Action Plan on Physical Activity 2018–2030". The purpose of this Special Issue of Sustainability is to present evidence on how healthy habits, especially those involving physical activity, promote sustainable physical and mental well-being. The scope of the Special Issue extends across the range of psychological, physical, dietary, economic, environmental, social, and cultural influences that impinge upon human well-being, with a particular emphasis on the role of physical activity in all its various forms. Contributions that focus on innovative ways to assess well-being indices, summarize the available evidence relating to well-being variables, report on the efficacy of well-being interventions, and/or present novel theoretical models of the well-being process, are especially welcome.

Guest Editors

Prof. Dr. Peter C. Terry

Prof. Dr. Marc Lochbaum

Prof. Dr. Andrew M. Lane

Deadline for manuscript submissions

closed (31 May 2023)



Sustainability

an Open Access Journal by MDPI

Impact Factor 3.3 CiteScore 7.7



mdpi.com/si/118120

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

mdpi.com/journal/ sustainability





Sustainability

an Open Access Journal by MDPI

Impact Factor 3.3 CiteScore 7.7



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)

