

## Special Issue

# Motivational and Health-Related Correlates of Physical Activity

### Message from the Guest Editors

Health-related indicators of sustainable and long-term well-being, including levels of physical activity, are in sharp decline among all age groups. This Special Issue aims to collect the best scientific knowledge and evidence-based practice on how to contribute to human well-being, with a special focus on physical-activity-related issues. Based on previous research, one could argue that the satisfaction of basic psychological needs for autonomy, competence and relatedness, as well as high levels of intrinsic and autonomous motivation, are the key factors of sustainable well-being and higher levels of physical activity. Thus, we highly welcome research that considers the basic psychological needs and different forms of motivation as the key predictors of better human well-being and higher physical activity. We also welcome research papers which study other prominent correlates to enhance human well-being and physical activity. The current Special Issue will usefully supplement existing literature by putting together the most recent and high-level scientific research on human well-being and physical activity among all age groups.

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### Deadline for manuscript submissions

closed (31 March 2023)



## Sustainability

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### Editor-in-Chief

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