Topical Collection

Physical Activity and Sustainable Health

Message from the Collection Editors

The Sustainable Development Goals (SDGs) are part of the United Nations 2030 agenda for peace and prosperity for people and the planet. Goal 3 from the SDGs, "Ensure healthy lives and promote well-being for all at all ages", is focused on health promotion and reinforces the importance of well-being. Endorsing physical activity is often considered as an important strategy to promote health for all. Physical activity brings significant benefits for peoples' health and can have an essential role in helping to achieve the SDGs.

Research interest in physical activity and its potential as a health-promoting strategy has been increasing over the years. Meaningful investigations on this topic can help public health, education, and social authorities to make more informed decisions and undertake meaningful action in promoting health and help to achieve SDGs goal 3.

This Topical Collection is now open to scientific articles from all disciplines investigating:

- The impact of physical activity on health and wellbeing;
- The role of physical activity in promoting sustainable health:
- The use of physical activity as a strategy to promote health for all.

Collection Editors

Dr. Adilson Marques

- 1. CIPER, Faculty of Human Kinetics, University of Lisbon, 1495-751 Lisbon, Portugal
- 2. Health Institute (ISAMB), Faculty of Medicine, University of Lisbon, 1649-020 Lisbon, Portugal

Dr. Miguel Peralta

- 1. Faculty of Human Kinetics, University of Lisbon (CIPER), 1495-751 Lisbon, Portugal
- 2. Faculty of Medicine, University of Lisbon (ISAMB), 1649-020 Lisbon, Portugal



Sustainability

an Open Access Journal by MDPI

Impact Factor 3.3 CiteScore 7.7



mdpi.com/si/48340

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)

