

Special Issue

New Challenges for Physical Training and Health-Related Aspects of Sustainable Living

Message from the Guest Editors

This Special Issue calls for papers that investigate the role of physical activity, exercise training, and sport on physical and mental health. In particular, exercise with adequate duration, intensity, and frequency for promoting health, which does not require excessive spending of energy for getting to practice it, training facilities operation, or equipment supply, represents sustainable physical activity. This Special Issue focuses on new approaches (e.g., ecological, nutritional), training protocols, and technologies (e.g., virtual exercise and sport, video analysis, etc.) applied to physical training and health-related aspects of sustainable living in specific locations (e.g., natural environment, gym, home, school, hospital) or special situations such as public health emergencies. New challenges are to be addressed by researchers in order to promote health-related aspects of sustainable living through sport and physical training among people with and without disabilities.

We invite authors to submit original research papers, case studies, meta-analyses, and systematic reviews that contribute new knowledge related to physical exercise, mental health and sport science.

Guest Editors

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Deadline for manuscript submissions

closed (30 November 2021)



Sustainability

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Impact Factor 3.3
CiteScore 7.7



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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. *Sustainability* publishes original research articles, review 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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