

Special Issue

Maintaining a Healthy Lifestyle: Sustainability of Promoting Physical Activity

Message from the Guest Editors

The purpose of this Special Issue is to present evidence of how healthy lifestyles, especially those involving physical activity, maintain sustainable physical and mental well-being. The focus of the Special Issue is on improving sustainable health development and create a better future by addressing the challenges people face in order to stay fit, improve their health management and sustainable lifestyle, with a particular emphasis on the role of physical activity in varied forms. A better understanding of the relationship between physical activity and health and the effect of innovative intervention on health outcomes would significantly add to our knowledge of how to best translate scientific health research and discovery into practice. This Special Issue will supplement the existing literature by presenting the latest original and summative research from world-leading experts in their respective fields of endeavor from across the globe. All types of research are welcome. The latest date for submissions is 31st May 2023, although earlier submissions are encouraged. We look forward to receiving your contributions.

Guest Editors

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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/119466

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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. 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

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