

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

Dr. Wenfei Zhu

School of Physical Education, Shaanxi Normal University, Xi'an 710119, China

Dr. Yuliang Sun

School of Physical Education, Shaanxi Normal University, Xi'an 710119, China

Deadline for manuscript submissions

closed (31 May 2023)



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

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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.

Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and Applied Science, University of Ontario
Institute of Technology, Oshawa, ON L1G 0C5, Canada

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