

Special Issue

Physical Performance and Health Care for a Sustainable Lifestyle

Message from the Guest Editors

Changes in habits and lifestyle would reduce mortality and morbidity to these and other non-communicable diseases. Evidence suggests how even moderate levels of physical activity or high fitness levels are associated with benefits for the health-related quality of life.

Sedentary behavior and physical inactivity are two separate and independent attributes, each with distinct health consequences because the former is different from absolute inactivity than lack of physical activity or moderate-to-vigorous intensity. One's distinct level of physical fitness, cardiorespiratory aptitude, and physical performance involve different consequences with respect to health, dependence, the need for care, quality of life, and individual and social sustainability.

- exercise
- physical fitness
- physical activity
- health
- sedentary
- quality of life
- training

Guest Editors

Dr. Jose Antonio Gonzalez-Jurado

Faculty of Sport Sciences, University of Pablo de Olavide, 41013 Sevilla, Spain

Prof. Dr. Francisco Pradas de la Fuente

Department of Corporal Expression, University of Zaragoza, 22003 Huesca, Spain

Deadline for manuscript submissions

closed (1 June 2021)



Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



mdpi.com/si/48525

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

[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)





Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)



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. *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

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, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1
(Geography, Planning and Development)