



Physical Activity, Healthy Lifestyle and Well-Being across the Lifespan

Guest Editors:

Dr. Luis Cid

Dr. Teresa Bento

Dr. Nuno Couto

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Message from the Guest Editors

The advantages of maintaining a physically active lifestyle for health and well-being across various life stages are widely recognized and supported by research. However, physical inactivity is a prevalent issue across all ages worldwide and represents an increased risk for health problems. High-priority action is necessary to effectively encourage active lifestyles and health.

This Special Issue of *Healthcare* offers a platform for publishing research exploring the determinants and consequences of an active lifestyle to promote health and well-being through lifespan. We eagerly anticipate the submission of original research studies that delve into various forms of physical activity within diverse contexts across all stages of life.

We are particularly interested in papers that follow the trajectory of physical activity across all stages of life, specifically those exploring the relationships between physical activity, healthy lifestyles, health, well-being and the quality of life, and also about the determinants and consequences of inactivity or sedentary behaviour.





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Editor-in-Chief

Message from the Editor-in-Chief

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Healthcare Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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