



children



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Physical Activity and Lifestyle Habits in Children and Adolescents

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Message from the Guest Editors

Dear Colleagues,

Being physically active and adopt healthy lifestyle habits can provide several physical, cognitive, and mental benefits. However, high percentage of children and adolescents do not reach the daily physical activity recommendations in addition to being involved in harmful life habits increasing the risks to development of health problems. In this Special Issue "Physical Activity and Lifestyle Habits in Children and Adolescents" of Children journal aims to illuminate the current knowledge in research relevant to impacts of physical activity practice and lifestyle habits in children and adolescents. We welcome original research articles, reviews and short papers covering issues related to impacts of physical activity and/or physical exercise practices and lifestyle habits in mental health, cognition, academic performance, body composition, physical growth and biological maturation of the young people. Other issues related to impact of physical active and lifestyle habits in children and adolescents not listed above may be appreciated and accepted for publication.

We look forward to receiving your contributions.



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Special Issue