



children



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Preschool Children Health Promotion: Physical Activity and Nutrition Intervention

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Message from the Guest Editor

Dear Colleagues,

Children spend many hours at school. Thus, school-based interventions in healthy habits play a crucial role in promoting their health and wellbeing. Schools play a fundamental role in promoting education and the acquisition of healthy habits in terms of nutrition and physical activity in daily life. This Special Issue will present the latest results of studies oriented in this sense, which are currently underway in the school environment.

The aim of this Special Issue is to show why the school is the ideal setting for promoting the healthy nutrition and well-being of children and adolescents. Accordingly, this Special Issue invites the submission of original research, review articles, and meta-analyses, as well as special reports on recommendations and experiences to apply in schools.

Dr. Augusto García Zapico

Guest Editor



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Special Issue