



children



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Promoting Physical Activity in the School Setting

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Message from the Guest Editors

Dear Colleagues,

Sedentary lifestyles among the child/youth population is a critical issue today. Despite the strong evidence of the benefits of physical activity in this population, a very high percentage of children and adolescents do not reach the minimum daily recommendations. This translates into an increase in overweight and obesity figures and, consequently, health risk.

Schools are an ideal environment in which to enact preventative action due to the large amount of time spent on sedentary activities. Therefore, it is of vital importance to implement effective policies and programs that focus on increasing the level of physical activity in this population.

This Special Issue of *Children* aims to gather scientific evidence on interventions that aim to assess, promote or improve the performance of physical activity in the school context.

We look forward to receiving your contributions.

Dr. Silvia Varela Martínez

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Special Issue