



Physical Activity, Exercise, and Sport in People with Disabilities: Strategies for Health Promotion

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Message from the Guest Editors

Dear Colleagues,

We are pleased to announce this Special Issue, entitled ‘Physical Activity, Exercise, and Sport in People with Disabilities: Strategies for Health Promotion’.

Those with disabilities are predominantly sedentary and have relatively low rates of physical activity. In addition to a lack of physical fitness and direct effects on the activities of daily living, this increases the risk of cardiovascular and metabolic diseases, cancer, depression, and anxiety, and affects individuals’ quality of life. These sedentary and active lifestyles are often associated with barriers to practice that prevent people with disabilities from engaging in any kind of physical activity, exercise, or sport in the same way that people without disabilities engage in them. Among these barriers we can find the following: a lack of adapted programs and a lack of motivation, among others.

This Special Issue aims to compile strategies, tools and methodologies that will help professionals/institutions/organizations promote the regular practice of physical activity, exercise and sport in people with disabilities, thus promoting their quality of life.





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Message from the Editor-in-Chief

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