



Health Outcomes and Movement Behaviors in Preschoolers, Children, and Adolescents

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Message from the Guest Editors

Dear Colleagues,

Physical activity, sedentary behaviour (including recreational screen time), and sleep duration are related to a wide range of relevant health and developmental outcomes in the younger population. Most studies have evaluated these behaviors in isolation rather than in combination. Nevertheless, recently, the focus has shifted to a more integrated approach, in which it is recognised that 24-hour movement behaviors are co-dependent. This is why the time is finite (e.g., 24 hours). Meeting the three 24 h movement guideline recommendations generally leads to improvements in several health indicators in the younger population. Thus, the knowledge of the relationship between health outcomes (physical, mental, social wellbeing) and 24 h movement behaviors could be of great interest in reinforcing the importance of promoting these healthy behaviors. Therefore, in this Special Issue, authors are invited to contribute studies addressing the association between health outcomes (physical, mental, social well-being) and the measurement of 24-hour movement behaviors in preschoolers, children, and adolescents.





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Message from the Editor-in-Chief

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