



Physical Activity, Physical and Psychological Health

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Deadline for manuscript
submissions:

closed (31 March 2022)

Message from the Guest Editors

Health promotion and enhancement are actions with an impact not only on the single individual, but also on communities and, more generally, our society. Owing to that, delving into the physical and psychological domains of health and finding proper strategies to prevent the onset (or reduce the effects) of diseases that are currently spread worldwide should represent a primary objective of the scientific community.

The aim of this Special Issue is to present the latest PA-based protocols and programs and their effect on one or more physical and psychological variables of health. We hope that authors' contributions to this issue will help health practitioners from different communities and areas better respond to the needs of diverse populations. For more information, please see: "**Physical Activity, Physical and Psychological Health**"





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Message from the Editor-in-Chief

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