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The Influence of Exercise on Body Mass Index in Children of Different Ages

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Message from the Guest Editor

Dear Colleagues,

Body Mass Index (BMI) is a good measure of the nutritional status of children of different ages. In recent decades, BMI values have been increasing in children of all ages around the world. A large number of studies show that children with high BMI values generally have the same values as adults; this can pose a great health risk, as high BMI values are the cause of various diseases. It is known that exercise and training can lead to a reduction in BMI values; therefore, it is very important to conduct studies in this direction. We invite researchers to submit all papers related to this topic for consideration in this Special Issue.



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Special Issue



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Message from the Editor-in-Chief

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