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Children's Body Image, Physical Activity and Health

Guest Editor:

**Prof. Juan Gregorio
Fernández-Bustos**

Department of Physical
Education, University of Castilla-
La Mancha, 02071 Albacete,
Spain

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Message from the Guest Editor

Body image (BI) is a multifaceted concept that refers to individuals' perceptions and attitudes about their own body. BI is especially relevant in children and adolescents due to the importance of everything related to the body at these ages. BI has traditionally been associated with various indicators of physical, mental, and social health. Regarding mental health, a negative BI is associated with depression and low self-esteem.

Therefore, there is a clear need to deepen our understanding of BI and its relationship with different health fields, as well as to work on an early prevention of BI-related issues during childhood, since this is a stage in which a positive approach to BI must prevail. Furthermore, researchers suggest that programs aimed at promoting healthy BI are more likely to be effective when carried out in preadolescence or even at younger ages, since individuals' attitudes and behaviors have not been established yet. Similarly, an issue of special interest is how physical activity influences BI.



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Special Issue



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Editor-in-Chief

Prof. Dr. Paul R. Carney

Departments of Child Health and Neurology, University of Missouri, 400 Keene Street, Columbia, MI 65201, USA

Message from the Editor-in-Chief

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Contact Us

Children Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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