



Physical Activity and Sedentary Behavior in Children, Youth and Adults: Risk Factors and Other Associated Variables

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Message from the Guest Editors

Dear Colleagues,

This Special Issue entitled “Physical Activity and Sedentary Behavior in children, youth and adults. Risk factors and other associated variables”, we invite you with your contributions to support the need to maintain an active lifestyle in children, youth and adults, to know the risk factors and other variables associated with physical inactivity and sedentary behaviors and to the proposal and implementation of interventions to solve this problem. Specifically, we welcome research that provides relevant scientific evidence on the topics including:

- Physical activity;
- Sedentary behavior;
- Health behaviors;
- New technologies, physical activity and sedentary lifestyle;
- Interventions to support behavior and lifestyle changes;
- Risk factors and variables associated with physical inactivity and sedentary lifestyle;
- Psychosocial variables associated with physical inactivity and sedentary behavior;
- Physical education as a tool to encourage physical activity and avoid sedentary behavior.





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Editor-in-Chief

Message from the Editor-in-Chief

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