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## Interventions for Sedentary Behavior and Physical Activity in the Ageing Population

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### Message from the Guest Editor

Rapid advances in medical science and technology have led to increased life expectancy in most countries worldwide. However, elderly people remain the most sedentary segment of society. Considering that more physical activity is positively associated with their physical and mental health by reducing their risk of disease, strengthening bones and muscles, and improving their ability to engage in everyday activities, it is important for elderly people to increase their level of physical activity. Therefore, this Special Issue is designed to examine effective interventions aimed at reducing sedentary behaviors and increasing the physical activity of elderly people, which will eventually result in an improvement in their quality of life.



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# Special Issue



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## Message from the Editor-in-Chief

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