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

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Deadline for manuscript submissions:

closed (31 August 2024)

Message from the Guest Editors

Dear Colleagues,

Through this Special Issue, we invite you to submit your contributions aimed at supporting the need to maintain an active lifestyle in children, youth and adults, knowing the risk factors and other variables associated with physical inactivity and sedentary behaviors and proposing and implementing interventions to solve this problem. Specifically, we welcome research that provides relevant scientific evidence on topics such as:

- Physical activity;
- Sedentary behavior;
- Health behaviors;
- New technologies, physical activity and sedentary lifestyle;
- Interventions to support behavior and lifestyle changes;
- Benefits of physical activity in different contexts;
- Interventions for the improvement of quality of life through physical activity;
- 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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Dr. Carmen Fernández Echeverría

Dr. Jara Gonzalez-Silva

Guest Editors

Special Issue



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Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

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