



an Open Access Journal by MDPI

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

Guest Editors:

Dr. Carmen Fernández Echeverría

Departamento de Motricidad Humana y Rendimiento Deportiva, Facultad de Ciencias de la Educación, Universidad de Sevilla, 41004 Seville, Spain

Dr. Jara Gonzalez-Silva

Faculty of Education and Psychology, University of Extremadura, 06006 Badajoz, Spain

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.



mdpi.com/si/188713

Dr. Carmen Fernández Echeverría

Dr. Jara Gonzalez-Silva

Guest Editors

Special Issue



an Open Access Journal by MDPI

Editor-in-Chief

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank: JCR - Q2 (*Health Care Sciences and Services*) / CiteScore - Q2 (*Leadership and Management*)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)