



The Covert Benefits of Exercise and Sports

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Message from the Guest Editors

Dear Colleagues,

Sports and exercise have gained new importance in the fight against obesity and sedentarism associated with a modern lifestyle. However, the attention given to the other benefits of exercise and sports is scant and the mental, social, and cognitive benefits of exercise and sports involvement are less frequently discussed. The aim of this Special Issue is to update researchers on the somewhat covert health benefits of sports (both participation and spectatorship) and exercise. The main health issues of interest include but are not limited to the cognitive benefits of exercise and sports, the importance of outdoor exercise for children's mental health, sports as a buffer for bullying, exercise and self-image, the importance of play and rough and tumble for child development, the importance of sports as a tool for social inclusion and promotion of health in communities at risk, and the contribution of sports participation and attendance for the wellbeing of consumers.

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Editor-in-Chief

Message from the Editor-in-Chief

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