



New Challenges and Trends in Physical Activity and Leisure

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Message from the Guest Editor

Physical activity should be seen as a protective factor for health and should be promoted as early as possible. In this sense, nowadays physical activity is understood as one of the main modifiable factors protecting chronic non-communicable diseases and, at the same time, promoting health and well-being.

New challenges and strategies arise for the practice of physical activity such as telehealth, and the new environments in constant change. This can be targeted globally or to specific target groups throughout the life cycle, such as pregnancy, postpartum, childhood, aging, or persons with conditions. This activity, which leads to metabolic expenses, can be done in different contexts, such as school, work, or leisure environment.

Some strategies and tools such as telerehabilitation, Apps, and monitoring allow an assessment and monitoring of physical activity performed, which promotes greater literacy and health responsibility for each individual. However, it is still possible to face some challenges such as the definition of policies that promote physical activity and leisure, and their monitoring and evaluation.





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Message from the Editor-in-Chief

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