



Children, Physical Activity, Exercise and Obesity

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Deadline for manuscript
submissions:

closed (31 December 2021)

Message from the Guest Editors

Physical activity and exercise remain key behaviours which, when instilled during childhood, promote health throughout the life course. Engaging in sufficient amounts of physical activity during childhood is associated with lower levels of unhealthy weight and obesity, enhanced cardiometabolic health, improved cognition and academic achievement, and a more positive sense of wellbeing. Despite these known benefits, data from across the world still suggest that children are not meeting the required levels of physical activity for health benefits. Additionally, although interventions to enhance physical activity have been had trials, there remain significant gaps in scientific understanding of the effectiveness and utility of physical activity interventions in children. This Special Issue invites contributions from across the spectrum of health, sport and exercise, social and life sciences examining the issue of physical activity, exercise and obesity in children.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Environmental Research and Public
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