



Physical Activity and Public Health: Focus on the Female Athlete

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Message from the Guest Editor

According to the U.S. Centers for Disease Control and Prevention, physical activity (PA) is “one of the most important things you can do for health.” PA has positive physical benefits including managing weight, reducing disease, and strengthening bones and muscles, and positive psychological benefits including better brain health and lower risk of depression and anxiety. Females are typically less active than their male counterparts, and their participation in physical activity decreases as they age. Therefore, it is important to find ways to increase female participation in PA. One branch of PA that has been an important contributor to activity levels for females is sport. Female athletes tend to report better health, better academic performance, higher self-esteem, and they learn life skills such as teamwork and goal setting. Scholars have noted the lack of research on female athletes, likely due to a lack of funding, and have issued a call for additional research on this important group. The purpose of this Special Issue is to provide updated information about the relationship between physical activity and public health, with a focus on the female athlete.





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Message from the Editor-in-Chief

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