



## Health Promotion, Physical Activity and Health Behaviors among Teenagers and Young Adults

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Deadline for manuscript submissions:

**closed (10 October 2023)**

### Message from the Guest Editor

Health, physical activity, and healthy behaviors play a vital role in sustaining the overall wellness of teenagers and young adults. With the growing trend of sedentary lifestyles and unhealthy practices today, educating and motivating young people to lead a healthy life is imperative. Regular physical activity has a profound impact, not only on physical health but also on mental well-being, cognitive growth, and academic achievement. Health promotion initiatives aim to establish favorable surroundings that foster healthy habits, such as consuming a nutritious diet and participating in regular physical activity. The promotion of health and physical activity, as well as policies of encouraging healthy behaviors, can have a positive impact on the health and well-being of teenagers and young adults.

Our Special Issue will examine the current state of health promotion, physical activity, and healthy behaviors among teenagers and young adults, while also seeking to emphasize the challenges and opportunities for enhancement.





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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. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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