



Leisure and Time Management in Fostering Wellbeing and Health: Current Issues and New Trends

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Message from the Guest Editors

Leisure has the potential to promote well-being and health more than other areas of human activity. In this sense, it is important to promote the visibility of the incidence of leisure in general, leisure experiences and leisure activities—practicing from physical activity to cultural consumption, hobbies, music, sports, and intergenerational activities—in the physical and mental health of people (of any age, social condition, cultural capital, and changing sociocultural and personal contexts). Moreover, due to the link between a predominantly autonomous use of time and the enjoyment of leisure time, possibilities, capacities, habits, and attitudes (personal, social, cultural) regarding time management are of special importance too.





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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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