



## Physical Activity, Body Composition, Health Behaviors and Related Health Issues

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Deadline for manuscript  
submissions:

**closed (31 December 2022)**

### Message from the Guest Editors

Dear Colleagues,

Lack of physical activity, as well as overweight and obesity, is a global problem of the 21st century. It is a serious risk factor for the occurrence of many metabolic, neurological, cardiological and respiratory diseases and cancers. Childhood obesity is a serious global problem. Its occurrence is growing drastically every year. Incorrect body weight and lack of physical activity are some of the risk factors for diseases in children, but they also aggravate the occurrence of body posture defects.

This Special Issue focuses on broadening the knowledge about the impact of physical activity, overweight, obesity, health and dietary habits on the physical and mental health of children, adolescents, adults and pregnant women. We invite you to contribute to this Special Issue that is devoted to the assessment of body weight, body mass components (adipose tissue, muscle tissue, lean tissue, bone tissue, water content in the body (hydration of the body), the level of visceral adipose tissue) and physical activity and health behavior in the latest scientific research. Moreover, an interesting aspect to explore is the influence of the above factors on mental health.





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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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