



Physical Activity and Sedentary Behavior on Older Adults

Guest Editor:

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Message from the Guest Editor

Due to medical advancements and general improvements in social circumstances, people find themselves living longer. However, increased longevity does not mean people are living in good health, especially in their last decade of life. Indeed, people age at varying rates as they accumulate health deficits. Frailty is a way to describe the variability in adverse health outcomes at a given age. Among the major contributors to frailty in relation to the accumulation of health problems are high levels of sedentary behaviors and physical inactivity. In this Special Issue on “Physical Activity and Sedentary Behavior in Aging and Frailty” of *IJERPH*, original articles and systematic knowledge syntheses that contribute to a better understanding of the ways in which movement behaviors (i.e., sedentary behavior and physical activity) are unique and/or complementary in how they contribute to the outcomes related to frailty and/or aging are invited. Epidemiological studies using accelerometry, as well as clinical and intervention studies, are especially welcome.





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Message from the Editor-in-Chief

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