



The Emerging Role of Sedentary Behaviour in the Health of Youth and Young Adults: Should There be a Recommended Threshold of Sedentary Behaviour Permissible?

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Message from the Guest Editors

Sedentary behaviour is associated with poor health outcomes. There is a need to direct research efforts towards determining whether there is a specific maximum volume of sedentary behaviour that is recommended to avoid detrimental health effects. The aim of this special issue is to contribute to a better understanding around the relationship between the volume of sedentary behaviour and links to health in youth and young adults. We encourage researchers who are interested in this Special Issue to contact us at chrismanms@umkc.edu and L.M.Boddy@ljmu.ac.uk.

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Message from the Editor-in-Chief

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