



Body Conditioning Exercises as Health Promotion for People with Sedentary Lifestyle

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Message from the Guest Editors

Due to the fourth industrial revolution, in modern society, not only various industrial fields but also many parts of individual daily life are becoming automated. People use computers and smart devices to conduct business or communicate with others and also engage in personal hobbies and various other activities. Around the world, many people spend most of their day in sedentary activities, including sitting down to play games and other hobbies. This lifestyle can lead to cardiopulmonary problems as well as problems in the musculoskeletal system.

Body conditioning exercise is an intervention method that strengthens various muscles of the body with the goal of strengthening the whole body and consists of various types of exercise such as flexibility, strength, and resistance training.

We welcome research that investigates the effects of this exercise on various subjects, such as office workers, school students, people with an inactive lifestyle due to a disability, and the elderly with reduced physical function. I sincerely hope that our research will be helpful to all people around the world, and I would like to cordially invite you to contribute to my Special Issue.





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Message from the Editor-in-Chief

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