



Community and In-School Based Physical Activity in Children and Adolescent

Guest Editor:

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Deadline for manuscript submissions:

closed (31 March 2023)

Message from the Guest Editor

Dear Colleagues,

Physical activity has many health benefits for children and adolescents. Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of fitness, lower body fat, and improved bone strength and muscles. In addition, physical activity has brain health benefits for children and adolescents, including improved cognition and reduced symptoms of depression. Regular physical activity is important for promoting lifelong health and well-being and preventing risk factors for various health conditions like heart disease, obesity, and diabetes. In this special issue, we present the practice-based evidence to inform evidence-based practice of physical activity in children and adolescents in community- and school-based programs.

Prof. Dr. Jeffrey S. Hallam

Guest Editor





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Message from the Editor-in-Chief

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