



Psychosocial and Environmental Correlates of Physical Activity in Youth and Childhood

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Message from the Guest Editors

Dear Colleagues,

A Special Issue entitled "Psychosocial and Environmental Correlates of Physical Activity in Youth and Childhood" has been organized in *IJERPH* (*International Journal of Environmental Research and Public Health*). Current literature has shown that lack of physical activity (PA) and high sedentary behavior (SB) are independently related to a greater prevalence of non-communicable diseases and mortality in children. At present, developing successful interventions to increase PA and reduce sedentary time is one of the major research priorities for children.

For youth and childhood, the World Health Organization (WHO) has established physical activity guidelines which include accumulating at least 60 minutes of moderate-to-vigorous physical activity (MVPA) per day, and muscle and bone strength activities at least three times a week. In Europe, the practice of physical activity is insufficient among youth and childhood, especially among girls.





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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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