



Screen Use, Physical Activity and Indoor/Outdoor Environments

Guest Editors:

Dr. Michael Rosenberg

School of Human Sciences, The
University of Western Australia,
Perth, WA 6009, Australia

Dr. Clover Maitland

Centre for Behavioural Research
in Cancer, Melbourne, Australia

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Message from the Guest Editors

Dear Colleagues,

This Special Issue focuses on the intersection between screen use and physical activity across both indoor and outdoor environments. Regular participation in physical activity provides important health benefits for children and adults. Nonetheless, in many countries, population levels of physical activity are low. This is at least partly attributable to an increase in sedentary screen use during leisure and occupational time.

There is strong evidence already for the influence of outdoor environmental factors on physical activity participation. However, children and adults in developed countries now spend the vast majority of their time in indoor environments such as at home, work, and school, which are more likely to facilitate screen use and limit physical activity. Technological advances have largely led to an increase in screen use and sedentariness at a population level. Nevertheless, technology, including screens, also has the capacity to facilitate physical activity, with examples including active gaming, physical activity apps, and smartphone monitoring.





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Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
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University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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Health* Editorial Office
MDPI, Grosspeteranlage 5
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