



Physical Activity for Optimal Health

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Message from the Guest Editors

Dear Colleagues,

Regular exercise is essential to maintain physical and mental health; physical activity reduces weight and excess weight. Access to optimal health is one of these essential rights for persons with disabilities. In this sense, physical exercise is crucial to improving and maintaining one's health and well-being.

Sports and physical activity have a notable value in the context of social inclusion and integration, in addition to the multiple and varied benefits they bring to people's health and well-being. They can promote active social inclusion by allowing special groups to fully interact and relate to other social groups.

This Special Issue presents articles related to the different fields of action of Sports Sciences, such as the use of accelerometry to quantify health parameters, recommendations and guidelines on physical activity, development of comprehensive intervention models for reducing overweight and obesity, use of physical activity monitoring systems, or knowledge related to adherence to physical activity programs for people with or without disabilities.

