



## Active Aging across the Life Course

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### Message from the Guest Editor

The concept of active aging throughout one's lifespan holds a pivotal position in fostering the comprehensive well-being of individuals, encompassing physical, mental, and social dimensions as they progress through the stages of life. This perspective embodies a proactive and holistic view of the aging process, encompassing a comprehensive range of activities such as physical exercise, cognitive enhancements, and social engagement throughout the lifespan. The primary aim of this Special Issue is to provide a comprehensive understanding of the diverse experiences associated with active aging across the globe, while elucidating the impact of these varying processes on the life stages of older adults. Additionally, we delve deeper into the complexities of active aging, exploring how diverse cultures, social structures, and environmental factors shape the lived experiences of older adults. Furthermore, we encourage submissions that highlight innovative strategies and practices that promote active aging, ranging from community-based interventions to individual-level behavioral modifications.





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