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24-Hour Movement Behaviors and Health-Related Quality of Life in Children

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Message from the Guest Editors

Globally, physical activity is on the decline in most countries and, given that children's behaviors related to physical activity are transferred into adulthood, physical inactivity has become one of the leading public health risks (according to the WHO). Numerous factors may influence the movement opportunities of children and barriers to the success of physical activity interventions are innumerable. They include the child's environment, their competencies, and the workloads of parents, teachers, and children alike. Existing behavior change theories provide frameworks for the path that needs to be taken to overcome all of the mentioned challenges, but a need for high-quality research to explore which approach will bring about the most effective solutions remains. This research topic aims to provide and promote practical physical activity approaches that support children via the school environment, as well as the neighborhood and community environments, and transparent publication of new research will help to collectively advance the field of 24 h movement behaviors.



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Special Issue



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Message from the Editor-in-Chief

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