



Physical Activity and Sustainable Healthy Lifestyles

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Message from the Guest Editors

Dear Colleagues,

Physical activity is a significant aspect of a modern human's lifestyle. It meets biological, social, and psychological needs and influences quality of life. Studies clearly indicate an increased interest in participating in recreational activities combining physical effort with providing a pleasant experience, adventures, and emotions.

The aim of this Special Edition is to develop knowledge and an understanding of the dependence between the environment and external forms of physical activity. We encourage you to write articles in the fields of social science, humanities, natural science, as well as medical science. We will be pleased to receive documents that address all issues related to environmental sustainability and sport, and physical activity in the open air.

Potential issues may include:

- Outdoor physical activity;
- Sports vs. environment;
- Effects of pollution and climate change on physical activity;
- Environmental sustainability, research methods used in the field of sport and physical activity;
- Knowledge of nature, of the environment and sustainability, and their interactions with sport and active lifestyles;





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Message from the Editor-in-Chief

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