



Physical Training, the Pandemic and Sustainable Living

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Message from the Guest Editors

Dear Colleagues,

The COVID-19 pandemic has greatly altered the lifestyle, health status, social sphere and quality of life of people worldwide. Under this context, it is fundamental to investigate hypothetical future scenarios and address new challenges to preventive practical applications, in order to promote sustainable living. The scientific literature agrees on the beneficial contribution that physical training has at all ages on both physical and mental health, improving the overall well-being and quality of life of individuals. However, the numbers of insufficiently active people are increasing all over the world.

This Special Issue focuses on the implementation of novel strategies that promote sustainable living, through sport, nutritional style and physical training, such as sustainable exercise, innovative interventions, as the use of integrated protocols, and technological progress, as specific devices, which support an active physical style in the general population and an improvement in sport performance. We welcome letters, original research papers, case studies, systematic reviews, and meta-analyses that contribute new knowledge on the topic.





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Message from the Editor-in-Chief

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