



## Physical Activity and Sports Practice in Improving Body Composition and Sustainable Health

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Deadline for manuscript submissions:

**closed (15 January 2021)**

### Message from the Guest Editors

Contemporary researchers have contributed to the field of physical activity research in the development of new measurement methods and training strategies. The aim of this Special Issue is to show sustainability in new training programs and/or strategies aimed at improving body composition and health status, while highlighting the relationship among these specific parameters throughout longitudinal and cross-sectional studies. The purpose of this research collection is to add information on:

- Effect of physical activity on body composition and benefits of sustaining a healthy lifestyle;
- Exercise programs for improving health-related fitness in young and elderly people;
- New training programs and/or strategies to improve body composition in athletes;
- New evidence for body composition and physical fitness measurement techniques.

The keywords listed below provide an outline of some of the possible areas of interest.





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## Editor-in-Chief

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## Message from the Editor-in-Chief

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