



Studies of Physical Fitness Improvement and Healthy Lifestyle from a Sustainable Science Sports Perspective

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Message from the Guest Editor

Dear Colleagues,

Physical fitness has become a well-documented marker of health in the past two decades. Evidence suggests that higher levels of physical fitness in youth may have beneficial effects on cardiovascular, pulmonary and metabolic diseases, and can even reduce the risk of all-cause mortality.

Among many factors being associated with physical fitness, those included in a healthy lifestyle are probably the most important which affect the level of physical fitness. Moreover, the prevalence of participating in sport steadily declined in the past years, where the most critical period for not being persistent in a sporting activity is the transition between primary and secondary education.

Given the importance of physical fitness on health, special interventions and policies aiming to target a 'risky' group of children and adolescents with lower levels of physical fitness should be a priority in school-based settings and in extracurricular activities. Specifically, both cross-sectional and bidirectional associations between physical fitness and sport participation would give a better understanding of how these two variables are interconnected.





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