



Maintaining a Healthy Lifestyle: Sustainability of Promoting Physical Activity

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Deadline for manuscript
submissions:

closed (31 May 2023)

Message from the Guest Editors

Dear Colleagues,

The purpose of this Special Issue is to present evidence of how healthy lifestyles, especially those involving physical activity, maintain sustainable physical and mental well-being. The focus of the Special Issue is on improving sustainable health development and create a better future by addressing the challenges people face in order to stay fit, improve their health management and sustainable lifestyle, with a particular emphasis on the role of physical activity in varied forms. A better understanding of the relationship between physical activity and health and the effect of innovative intervention on health outcomes would significantly add to our knowledge of how to best translate scientific health research and discovery into practice. This Special Issue will supplement the existing literature by presenting the latest original and summative research from world-leading experts in their respective fields of endeavor from across the globe.

All types of research are welcome. The latest date for submissions is 31st May 2023, although earlier submissions are encouraged. We look forward to receiving your contributions.

Dr. Wenfei Zhu
Dr. Yuliang Sun
Guest Editors





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