



Sustainable Health: Fitness and Sports after COVID Pandemic

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Message from the Guest Editors

Fitness and sports ecosystems have been considerably impacted by the COVID-19 pandemic. The varied ways in which this unprecedented phenomenon has affected the health of the population and their behaviors toward fitness and sport has received much attention from researchers in many areas that range from health and fitness, through participation and grassroots development, to high-performance and professional sport.

The purpose of this Special Issue is to share emerging research issues and the latest developments in the strategies implemented by the fitness and sports sectors to achieve sustainable health levels of the population during the pandemic and the future directions after it.





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Message from the Editor-in-Chief

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