



Physical Performance and Health Care for a Sustainable Lifestyle

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Deadline for manuscript
submissions:

closed (1 June 2021)

Message from the Guest Editors

Dear Colleagues,

Changes in habits and lifestyle would reduce mortality and morbidity to these and other non-communicable diseases. Evidence suggests how even moderate levels of physical activity or high fitness levels are associated with benefits for the health-related quality of life.

Sedentary behavior and physical inactivity are two separate and independent attributes, each with distinct health consequences because the former is different from absolute inactivity than lack of physical activity or moderate-to-vigorous intensity. One's distinct level of physical fitness, cardiorespiratory aptitude, and physical performance involve different consequences with respect to health, dependence, the need for care, quality of life, and individual and social sustainability.

- exercise
- physical fitness
- physical activity
- health
- sedentary
- quality of life
- training





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