



Physical Activity and Health: Social Psychology Perspective

Guest Editor:

**Prof. Dr. Rogério César
Fermio**

Research Group in Environment,
Physical Activity and Health,
Federal University of Technology
– Parana, Curitiba 81310-900,
Brazil

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Message from the Guest Editor

Physical activity is a behavior of great significance in the context of societies around the world. Promoting an active lifestyle has been used to improve health standards and quality of life, in which physical activity has been widely encouraged because of its physical and psychosocial benefits. From a global perspective, the research contributes to the broad understanding of behavior for developing new interventions that promote health. This Special Issue aims at advancing the literature on "Physical Activity and Health: Social Psychology Perspective" from interdisciplinary perspectives. We, therefore, welcome theoretical or empirical contributions that broaden the knowledge on those factors as social mechanisms of physical activity promotion.

