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## Sedentary Behavior and Too Little Exercise: Linked to Childhood Health

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### Message from the Guest Editors

Dear Colleagues,

Sedentary lifestyles and undertaking too little exercise remain key behaviours which lead to multiple, negative health outcomes in childhood. Despite this, modern lifestyles continue to facilitate increasing sedentariness and there remains ongoing concerns that children do not engage in sufficient exercise for health benefits. This includes concerns regarding unhealthy weight and obesity, poorer cardiometabolic health, poorer motor skills, impaired cognition, poorer academic achievement, and more negative wellbeing. Although interventions to encourage children to sit less and to enhance physical activity have been trialed, there remain significant gaps in scientific understanding of the effectiveness and utility of interventions targeting sedentary behaviour in children. This Special Issue invites contributions from across the spectrum of health, sport and exercise, and social and life sciences examining the issue of sedentary behaviour and lack of exercise in children.

This Special Issue is open to original research, review articles, short reports, brief commentaries, case reports, meta-analyses, related to sedentary behaviour, and lack of exercise in children.



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# Special Issue