



Physical Activity in Vulnerable Groups

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Message from the Guest Editor

Dear Colleagues,

We all acknowledge that maintaining a high level of physical activity is crucial for the health and overall wellbeing of individuals, particularly for those identified as vulnerable groups.

This Special Issue seeks to further our understanding on how physical activity affects health and wellbeing within vulnerable populations. We invite submissions that delve into (I) intervention studies that examine the changes in health status and physical activity levels following the implementation of specific strategies or programs, (II) cross-sectional studies that examine the relationship between physical activity and various health indicators in vulnerable groups, and (III) methodological papers detailing the development and validation of instruments used to measure physical activity in these populations to aid in refining our assessment methods.





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Message from the Editor-in-Chief

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