



Lifestyle, Physical Activity Level, and Sedentary Behavior of Children and Their Families during the COVID-19 Pandemic

Guest Editor:

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Message from the Guest Editor

Less than two years on from the beginning of the COVID-19 pandemic, health consequences with varying degrees of severity can be identified. Restrictions and quarantine related to the pandemic may lead to a significant increase in changes regarding health behavior. The consequence of the pandemic may include increased use of sedentary time, increased use of electronic devices or modified health behavior patterns, such as sleep or eating disturbances or decreased physical activity.

Considering the aforementioned issues and the prolonged periods of social isolation associated with the COVID-19 pandemic, there is a risk of perpetuating unhealthy lifestyles, leading to difficulties in readaptation after the COVID-19 crisis. Therefore, the purpose of this collection of research collection is to add to the current knowledge on:

Physical activity levels during the pandemic period
Changes in health behaviors and their consequences
Ways of motivating individuals to increase physical activity after restrictions;
Sleeping and eating disturbances
Quality of life
New WHO recommendations





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Message from the Editor-in-Chief

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