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Physical Activity, Sedentary Behavior and Sleep at Different Stages of Life

Guest Editor:

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Deadline for manuscript submissions:

closed (31 August 2023)

Message from the Guest Editor

Recently, behavioural research has shifted from focusing on a single behaviour to focusing on the behaviours that people exhibit within a 24-hour time span. Activities that are conducted within 24 hours can be categorised as physical activity, sedentary behaviour, or sleep. These behaviours interact, which means that spending time on one or more of these behaviours has an influence on the time that can be spent on the others. New 24-hour movement behaviour guidelines have been established for all age groups, ranging from toddlers, (preschool) children, and adolescents to adults and older adults, showing the growing importance and novel aspect of this topic. This also means that several aspects still need to be thoroughly investigated.

Therefore, manuscripts on the following topics (though not strictly limited to them) are welcome for submission:

- Factors influencing 24-hour movement behaviors across stages of life
- Interventions targeting 24-hour movement behaviors across stages of life
- Various settings (e.g., childcare, school, home, work)
- Measurement of 24-hour movement behaviors across stages of life
- The role of peers, family, teachers, members of the community, etc.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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