



Physical Activity and Health Behaviors in Children and Adolescents

Guest Editors:

Prof. Dr. José Enrique Moral-García

Prof. Dr. Sergio López-García

Prof. Dr. Eliseo García-Cantó

Prof. Dr. Cristian Abelairas-Gómez

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Message from the Guest Editors

The regular practice of physical activity to the detriment of sedentary lifestyle and adequate nutrition positively results in health; thus, the acquisition of these habits in children and adolescents is pivotal. In large part, research has studied the influence of social and family agents on the quality of life and health in these population groups. The importance that individual motivation and self-perception acquires for personal well-being and how the development of motor competence in early stages favors a greater practice of physical activity in later stages have also been demonstrated. In this way, the important role of teachers also comes into play, providing students with skills to discern healthy habits, as well as to act in situations of risk and accidents for their own and others' health.

In this Special Issue, interested authors are invited to contribute their research in the field of physical activity and healthy habits, and the adaptation of children and adolescents to their context. In this sense, those works that address the determinants that influence a healthy lifestyle in children and adolescents will be suitable for this Special Issue.





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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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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MDPI, St. Alban-Anlage 66
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