



Physical Activity and Healthy Habits for Sustainable Well-Being

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Deadline for manuscript submissions:

closed (31 May 2023)

Message from the Guest Editors

The global prevalence of physical health challenges, such as sedentary lifestyles and obesity, and psychological disorders, such as depression and anxiety, is at an all-time high. This has prompted the World Health Organization to adopt the goal of promoting a greater abundance of physically active individuals to help create a healthier world, via its “Global Action Plan on Physical Activity 2018–2030”.

The purpose of this Special Issue of *Sustainability* is to present evidence on how healthy habits, especially those involving physical activity, promote sustainable physical and mental well-being. The scope of the Special Issue extends across the range of psychological, physical, dietary, economic, environmental, social, and cultural influences that impinge upon human well-being, with a particular emphasis on the role of physical activity in all its various forms. Contributions that focus on innovative ways to assess well-being indices, summarize the available evidence relating to well-being variables, report on the efficacy of well-being interventions, and/or present novel theoretical models of the well-being process, are especially welcome.





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Message from the Editor-in-Chief

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