

Special Issue

Fitness, Physical Activity, and Health in Youth

Message from the Guest Editors

Physical fitness is a powerful marker of health in children and adolescents. It is known that a set of physical fitness components such as cardiorespiratory fitness, muscular strength, and speed–agility is related with different health outcomes in youth. Furthermore, evidence suggests that physical fitness status during childhood might result in health benefits during adulthood. Physical activity refers to any bodily movement requiring energy expenditure, which includes a wide variety of behaviors such as washing dishes, walking, dancing, or playing basketball. Physical activity is the most effective behavior to improve physical fitness during childhood. While a sedentary lifestyle can hamper these improvements in fitness. However, physical inactivity in childhood is alarming worldwide, with nearly 80% of children and adolescents not meeting physical activity guidelines proposed by the World Health Organization. Considering both behavioral physical behaviors and their effect on physical fitness might shed light on relevant information for researchers, clinicians, and policymakers, which could result in important implications for public health.

Guest Editors

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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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