

# Topical Collection

## Physical Activity and Sustainable Health

### Message from the Collection Editors

The Sustainable Development Goals (SDGs) are part of the United Nations 2030 agenda for peace and prosperity for people and the planet. Goal 3 from the SDGs, “Ensure healthy lives and promote well-being for all at all ages”, is focused on health promotion and reinforces the importance of well-being. Endorsing physical activity is often considered as an important strategy to promote health for all. Physical activity brings significant benefits for peoples’ health and can have an essential role in helping to achieve the SDGs. Research interest in physical activity and its potential as a health-promoting strategy has been increasing over the years. Meaningful investigations on this topic can help public health, education, and social authorities to make more informed decisions and undertake meaningful action in promoting health and help to achieve SDGs goal 3. This Topical Collection is now open to scientific articles from all disciplines investigating:

- The impact of physical activity on health and well-being;
- The role of physical activity in promoting sustainable health;
- The use of physical activity as a strategy to promote health for all.

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