



24-Hour Movement Behaviors (Physical Activity, Sedentary Behaviour and Sleep) in the under 5s, Children and Adolescents

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Message from the Guest Editors

Sleep, physical activity, and sedentary behaviour (including screen time) are associated with a wide range of important health and developmental outcomes in children and adolescents. To date, most research has examined these behaviours in isolation. However, recently, the focus has shifted to following a more integrated approach in which it is recognised that 24-hour movement behaviours are co-dependent. It is important to examine how different combinations of behaviours influence a young person's health. Therefore, in this Special Issue, interested authors are invited to contribute their research in the field of 24-hour movement behaviours in the under 5s, children, and adolescents. Research that addresses the measurement of 24-hour movement behaviours, levels of 24-hour movement behaviours, and the associations of the combination of 24-hour movement behaviours and health in those under 18 years of age is suitable for consideration in this Special Issue.





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Message from the Editor-in-Chief

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