



Health-Related Behaviours during the COVID-19 Pandemic

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Message from the Guest Editors

Although it is well-known that confinement-related measures contribute to slow down the spread of SARS-CoV-2, this might also imply a radical change in the lifestyle of the population, disrupting usual daily activities. These changes of health-related behaviors such as insufficient physical activity, lower fruit or vegetable consumption, higher screen exposure, or alcohol consumption above the recommended levels might have negative effects on health. Further, the potential change of daily routines due to restriction measures might vary the schedules and family-related planification involving different occupational habits (e.g., higher sitting time, longer working days, or different movement patterns), which might influence either musculoskeletal or mental health.

For this Special Issue, high-quality observational, experimental, and review studies that provide evidence about the status of health-related behaviors during the COVID-19 pandemic and their potential consequences over health are welcomed.

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Message from the Editor-in-Chief

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