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## Lifestyle and Health Changes during and after the COVID-19 Pandemic

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### Message from the Guest Editor

Dear Colleagues,

The COVID-19 pandemic has caused significant changes in everyday life. It has caused many economic, social and health problems. Social isolation disrupted individuals' daily routines. Increased sedentary behaviour and screen time and limited food availability and choice could lead to changes in nutrition habits, weight gain and health problems.

The purpose of this Special Issue is to examine the impact of COVID-19 on lifestyle (eating habits, online food delivery services, physical activity, stress, weight, etc.), paying particular attention to whether those changes (favorable and unfavorable to health) persisted after the restrictions ended. Articles highlighting lifestyle changes after the pandemic are especially welcome. Original research and review articles will be accepted.

Dr. Vilma Kriaucioniene

*Guest Editor*



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# Special Issue



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