

Editorial

The harmful impact of obesity and chronic diseases has increased dramatically over the last decades worldwide. As consequence, an overloading of the National Health Services costs and a decrease in the quality of life of the adult population were significantly augmented. Similarly, the occurrence of cardiovascular and metabolic complications have increased dramatically among children and adolescents, being childhood obesity an important risk factor in this scenario. The alarming rates observed in childhood obesity seem strongly affected by the adoption of unhealthy behavioral, such as poor diet and physical inactivity. In particular, this special issue highlights the potential role of physical activity/exercise in the promotion of good health among pediatric groups.

The Motriz: Journal of Physical Education is a leading Sport Sciences' Brazilian Journal, which recognizes the relevance of discuss how to prevent or manage cardiometabolic diseases during childhood and adolescence either in Brazil or abroad. Thus, in this special issue "Pediatric Exercise and Physical Activity" different aspects about pediatric exercise and health are covered, including: i) Physical exercise/activity and bone health among adolescents; ii) Physical exercise/activity and cardiovascular health among adolescents; iii) Physical exercise/activity and adipose tissue among adolescents; iv) Epidemiology of physical activity and sedentary behavior among adolescents. The papers, that compose this special issue, describe the impact of school interventions, sport participation and exercise protocols on components of body composition and metabolism of adolescents. It is noteworthy that not only papers about physical activity/exercise compose this special issue, but also papers describing the impacts of sedentary behavior on health of adolescents as well as its determinants. Moreover, some of the papers describe methods to estimate energy expenditure in children and adolescents as well as report the importance of sport participation in early life for promoting healthy behaviors in adulthood.

Finally, as Guest Editor, I thank to all the contributors of this special issue and reviewers who have worked with great competence, making it possible.

Romulo Araujo Fernandes

Guest Editor