

Call for Papers for Special Issue on:

Physical Activity as a Preventive Measure and Promotion of a Healthy Lifestyle

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Physical activity is an undeniable condition for the proper development of children and adolescents, the health of adults, and high quality of life among people of post-productive age. In numerous studies, its deficit has been proven in the life behaviours of modern individuals, regardless of generation. Promoting physical activity as the foundation of a healthy lifestyle is becoming, beyond being a biological necessity, a significant social challenge.

The World Health Organization's latest recommendations on physical activity and sedentary behaviour (2020) highlight the appropriate amount and type of physical exercise tailored to the age and health condition of each individual. The current edition of the recommendations includes guidelines concerning the relationship between health status and a sedentary lifestyle. It also provides detailed recommendations for pregnant and postpartum women as well as individuals living with chronic diseases or disabilities.

The positive effects of regular physical activity at the appropriate intensity in preventing lifestyle diseases are undeniable. In recent years, utilising personalised forms of physical activity to prevent and support the treatment of various conditions, including cardiovascular and respiratory diseases, overweightness and obesity, diabetes, mental disorders and digestive system diseases, has become an essential part of the therapeutic process. This approach considers both the specific disease and the patient's overall condition.

It is worth emphasising that low physical activity increases the risk of developing cancer. Physical activity is recommended by specialised bodies not only for cancer prevention but also as support for treatment. It helps alleviate the side-effects of cancer treatment, such as chronic fatigue (cancer fatigue syndrome), low mood and sleep disturbances.

The Pyramid of Healthy Nutrition and Lifestyle for Children and Youth from the Institute of Food and Nutrition also recognises the importance of daily physical activity which, in its graphical representation, forms the base of the pyramid alongside limiting screen time, including television, computers and other electronic devices.

Folia Turistica, in its special issue titled “Physical Activity as a Preventive Measure and Promotion of a Healthy Lifestyle”, invites authors to share their thoughts and research results related to evidence-based studies on all aspects of physical activity and its impact on health.

In particular, these include:

1. The role of physical activity in educational programmes for children and youth of various ages.
2. The health benefits of physical activity for adults.
3. The importance of physical activity in promoting social integration among older adults.
4. The anti-involutionary effects of different physical exertion types.
5. The health advantages of engaging in outdoor physical activities.
6. Physical activity in the prevention of cancer.
7. Physical activity in the prevention of fractures in older adults.
8. Physical activity as support for cancer treatment.
9. Physical activity as support for psychotherapy.
10. The role of physical activity in the prevention and treatment of lifestyle diseases.
11. The role of physical activity in the treatment of psychosomatic diseases.

Key dates:

- 500-word abstracts of original papers relating the theme of to be submitted – by 10 December 2025.
- Notification of acceptance of abstracts and invitation to submit a paper – by 20 December 2025.
- Submission of manuscripts – by 28 February 2026.
- Double-blind peer review and publication: 2026.

Submission guidelines: The works submitted should: (a) be written in English, (b) comply with the editorial standards of the journal available on the website:

<https://folia-turistica.akf.krakow.pl/index.php/en/for-authors>

Please submit to: folia.turistica@awf.krakow.pl