



*Special Issue Reprint*

## **Emerging Technology Applications to Promote Physical Activity and Health**

[www.mdpi.com/books/reprint/1184](http://www.mdpi.com/books/reprint/1184)

Edited by

Zan Gao

Jung Eun Lee

ISBN 978-3-03897-708-7 (Softback)

ISBN 978-3-03897-709-4 (PDF)



As technology becomes an ever-more prevalent part of everyday life, and population-based physical activity programs seek new ways to increase life-long engagement with physical activity, these two ideas have become increasingly linked. This Special Issue attempts to offer a thorough and critical examination of emerging technologies in physical activity and health promotion, considering technological interventions in different contexts (communities, clinics, schools, homes, etc.) among various populations, exploring the challenges of integrating technology into physical activity promotion, and offering solutions for its implementation. This Special Issue aims to take a broadly positive stance toward interactive technology initiatives and, while discussing some negative implications of an increased use of technology, offers practical recommendations for promoting physical activity through various emerging technologies, including, but not limited to: Active video games (exergaming); social media; mobile device apps; health wearables; mobile games, augmented reality games, global positioning and geographic information systems; and virtual reality. Offering a logical and clear critique of emerging technologies in physical activity and health promotion, this Special Issue will provide useful suggestions and practical implications for researchers, practitioners, and educators in the fields of public health, kinesiology, physical activity and health, and healthcare.



Order Your Print Copy

You can order print copies at

[www.mdpi.com/books/reprint/1184](http://www.mdpi.com/books/reprint/1184)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



### **Open Access**

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



### **Author Focus**

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



### **High Quality & Rapid Publication**

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



### **High Visibility**

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



### **Print on Demand and Multiple Formats**

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.