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Special Issue Reprint

# Health and Performance through Sports at All Ages 2.0

**Edited by: Gianpiero Greco**

Dive into the dynamic world of health and performance enhancement through sports, spanning across all ages, with this book. This reprint offers invaluable insights into optimising physical well-being and human performance. Expertly crafted with input from expert researchers, it delves into the science behind sport, uncovering the intricate relationship between exercise, well-being, and overall health. Packed with evidence-based tips and advice, “Health and Performance through Sport at All Ages 2.0” is recommended for sports-related professionals who need the support of evidence-based knowledge to satisfactorily respond to the population who practice individual, team, and combat sports.

