

Physical Activity

Articles

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News

[How open-water swimming can transform midlife wellbeing – new research.](https://theconversation.com/how-open-water-swimming-can-transform-midlife-wellbeing-new-research-271589)

The Conversation; 2025.

<https://theconversation.com/how-open-water-swimming-can-transform-midlife-wellbeing-new-research-271589>

[A new qualitative study published in the European Journal of Ecopsychology set out to understand what this practice does for wellbeing – not just physically, but psychologically. Rather than simply asking swimmers how they feel, the research examined “flourishing”.] *Freely available online*

Systematic Review / Meta-Analysis

Contextualising Physical Activity Levels in Patients With Anorexia Nervosa: A Systematic Review and Meta-Analysis. [\[Abstract\]](#)

Pagador ÁV. *European Eating Disorders Review* 2025;33(6):1204-1218.

[Check for full-text availability](#)

[This is the first systematic review and meta-analysis assessing objectively measured PALs in AN patients. Findings reveal different PALs patterns by age-group, and insufficient data by treatment stage. These results identified a critical research gap essential for future development of targeted interventions and informed strategies to support recovery.]

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