



30 yrs of Revista Brasileira de Atividade Física & Saúde – A Message from the Presidents of Sociedade Brasileira de Atividade Física e Saúde

30 anos de Revista Brasileira de Atividade Física & Saúde – A mensagem dos presidentes e das presidentas da Sociedade Brasileira de Atividade Física e Saúde

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This year, the Revista Brasileira de Atividade Física & Saúde (RBAFS) celebrates three decades of contributing to the dissemination of scientific knowledge in our field. To mark this special occasion, we have invited former presidents of the Sociedade Brasileira de Atividade Física e Saúde (SBAFS) to share their reflections on the journal's history, challenges, and future.

The texts that make up this editorial are rich in details about the emergence and consolidation of RBAFS, offering valuable perspectives on its evolution and the strategic role it plays in the scientific community. In addition to revisiting key moments in the journal's trajectory, they also provide insights into the paths we may take in the coming years.

We invite you to explore these contributions and celebrate this significant milestone with us. Happy reading!

Átila Alexandre Trapé & Raphael M. Ritti-Dias – Editors-in-Chief of RBAFS

Revista Brasileira de Atividade Física & Saúde - RBAFS 1995 to 2025

Markus Nahas – SBAFS President 2007 a 2009

The 1990s were a landmark decade for the consolidation of the field of Physical Activity and Health. Publications in journals and conference proceedings accumulated evidence of the concrete association between physical activity and health/disease conditions and longevity. Such evidence supported pioneering policies promoting active lifestyles across all age groups. The relationship between physical exercise and disease expanded to encompass physical activity, health, and well-being, leading to significant changes in recommendations for regular practice.

Brazilian Physical Education closely followed this transition, guided by the latest evidence. The emergence of specialization courses in Physical Activity and Health and the introduction of specific subjects in undergraduate programs paralleled the formation of research groups, such as the Physical Activity and Health Research Center (*Núcleo de Atividade Física & Saúde - NuPAF*) at Federal University of Santa Catarina (*Universidade Federal de Santa Catarina – UFSC*) in 1991. In 1996, the first Academic Master's program with a concentration in Physical Activity and Health was cre-

ated at UFSC. In 1997, the National Health Council recognized Physical Education as a health profession. That same year, the first Brazilian Congress on Physical Activity & Health was held in Florianópolis-Santa Catarina.

Amidst this vibrant academic environment of the 1990s, a pioneering initiative in Londrina-Paraná, led to the creation of the RBAFS, under the leadership of Professors Dartagnan Pinto Guedes and Abdallah Achour Junior. From my own experience with other academic endeavors, I am well aware of the tremendous effort required by the team to assemble a review board, gather articles, secure funding, and make each issue of the journal possible. I had the honor of publishing an original article in the very first issue of the journal, together with colleagues from NuPAF/UFSC. I take great pride in this achievement, as it marked the beginning of a successful journey for a journal that later joined forces with the Brazilian Congress on Physical Activity and Health (1997) and, in 2007, with the SBAFS.

Abdallah Achour Júnior was my student and master's advisee at UFSC. I closely witnessed his dedication to keeping the journal active and of high quality. His commitment and creativity yielded significant results for the now well-established field of Health-Related Physical Activity in Brazil.

I feel fortunate to have witnessed and contributed to this pioneering collective effort that has brought the field of Physical Activity and Health in Brazil to where it is today. Noteworthy achievements include: (a) Undergraduate and graduate programs now include training in the field; (b) Research groups have grown in both number and quality; (c) Public Health recognizes the role of Physical Education in its policies and programs; (d) The existence of the SBAFS, the Brazilian Congress and regional events, and, in particular, the RBAFS, which celebrates 30 years of growth and excellence, thanks to countless dedicated and tireless researchers who have kept and continue to keep the journal on the path to excellence.

To those interested in the field of health-related physical activity, I leave this suggestion: Be active in this academic community as well! Join SBAFS, participate in national and regional events, contribute to thematic discussion groups, and share your academic work and perspectives in RBAFS!

Best regards!

The Revista Brasileira de Atividade Física e Saúde celebrates 30 years of existence

Dartagnan Pinto Guedes - SBAFS President 2010 to 2012

I was extremely honored by the invitation to share a statement in celebration of the 30th anniversary of RBAFS. I was privileged to be part of the group of colleagues who launched the inaugural edition of RBAFS. I witnessed the hard and solid work carried out by the team, ensuring that, over nearly a third of a century, I could take pride in seeing it grow and truly establish itself as a national reference journal in the field of health-related physical activity. I also hope that, in the near future, it will gain international recognition, as indicated by its quality metrics.

In a brief historical review of RBAFS, at the beginning of 1995, the board of the Physical Education Teachers Association (*Associação de Professores de Educação Física* - APEF-Londrina), composed of faculty members from the Center for Physical Education and Sports at Londrina State University and led by Professor Dr. Abdallah Achour Júnior, had the foresight to realize that creating a journal dedicated to health-related physical activity topics could play a significant role – not only in supporting the consolidation of an emerging academic and professional field at the time but also in providing an alternative platform for disseminating research in this area. Notably, RBAFS was the first journal in the world specifically dedicated to health-related physical activity.

Even with full awareness of the enormous challenges ahead, the unfamiliar responsibilities, and the constraints of the time, the group of faculty members, together with an Editorial Board composed of researchers from various Brazilian universities, structured the first issue of RBAFS. Since its inception, the journal has established itself as one of the most prestigious publications in its field in Brazil.

I believe RBAFS's history can be divided into two distinct phases. In the first phase (1995–2007), following the standard practice of most national journals at the time, RBAFS was published exclusively in print and distributed via postal service to university libraries and research groups across Brazil. While this posed a high financial burden for a regional professional association (APEF-Londrina), it also allowed the journal to gain national recognition and attracted authors

from various Brazilian states to submit their research. This, in turn, significantly contributed to the journal's improvement in quality metrics over time.

The second phase of RBAFS began in November 2007 with the establishment of SBAFS. At that time, with the creation of this new scientific society, the possibility of RBAFS becoming its official scientific journal was raised. Recognizing that the newly formed national society would unite the community of scholars and researchers in health-related physical activity, the APEF-Londrina directors concluded that their mission in leading RBAFS was coming to an end. They then decided to transfer the journal's management to SBAFS, ensuring its continued development.

Since then, RBAFS has been on a steady path of growth. From 2008 onwards, its visibility increased tremendously with its transition to an online platform. Today, RBAFS is not only a reference in the field of health-related physical activity due to the renowned researchers who publish high-quality findings in it but also because of the leadership of SBAFS. This scientific and professional society plays a significant role in shaping the field at both national and international levels.

Finally, we can say that turning 30 marks the entry into the maturity of life without losing the essence of youth. In this sense, analogously, we must recognize that three decades for a scientific journal may seem short, yet at the same time, highly significant. Short, because we expect the journal to have a long road ahead. Significant, because the excellence it has achieved reflects the collective contributions of its directors, editors, reviewers, and authors throughout this remarkable journey.

I congratulate everyone who, directly or indirectly, has contributed to RBAFS's 30 years of existence.

Brazil's growing responsibility in global physical activity research

Pedro Curi Hallal - SBAFS President 2012 to 2014

On this special occasion, as RBAFS celebrates its 30th anniversary, it seems essential to highlight Brazil's growing responsibility in global physical activity research. According to data from the Global Observatory for Physical Activity (GoPA!), Brazil ranks as the fourth most prolific country in scientific production on physical activity and health¹. More importantly, Brazil is by far the most productive middle- or low-income

country in this field worldwide. While the GoPA! ranking focuses on scientific output, Brazil is also recognized as one of the countries with the best population-level physical activity surveillance and the most robust policies in physical activity and health. RBAFS itself, now celebrating 30 years, is nearly a decade older than the Journal of Physical Activity and Health (JPAH), a journal for which I currently serve as Editor-in-Chief. This fact demonstrates that Brazil was already aware of the need for specialized journals to disseminate knowledge in physical activity and health even before the international community.

However, these achievements come with responsibility. The science produced in RBAFS and in Brazil has become a reference for the international community. Recently, I led a study proposing a new definition of physical activity², aiming to add meaning to the biological definition originally formulated in the 1980s³. Research in physical activity and health from middle- and low-income countries must acknowledge its role in decolonizing the field⁴. In another recent publication, we challenged the World Health Organization's current slogan that "every move counts"⁵. This idea may hold true in countries where active transportation is a choice rather than an obligation, where occupational physical activity is nearly synonymous with workplace exercise programs, or where household chores are primarily carried out by family members. However, in middle- and low-income countries, and among millions of poor families in high-income countries, such activities are far more of an obligation than a choice⁶. Promoting physical activity without considering the context in which it takes place is an irresponsible approach that we, as scholars from middle- and low-income countries, must expose. More than that, we need to engage with international organizations to ensure they understand our perspective and develop recommendations that are meaningful for the entire population, not just privileged groups.

Based on science produced in Brazil, GoPA! has publicly committed to producing separate physical activity surveillance indicators by domain starting in 2025. The Executive Committee responsible for The Lancet's Physical Activity Series is moving in the same direction. In 2024, Brazil was among the top three countries with the most representatives at the International Congress on Physical Activity and Public Health in Paris. More importantly, Brazilian participation was

marked by quality. Many research findings from Brazil were prominently featured in the event's program, sparking some of the most intense and thought-provoking discussions.

None of these advancements would have been possible if, 30 years ago, our colleagues had not taken the initiative to launch a journal dedicated to publishing physical activity and health science in Brazil. Through RBAFS, Brazilian researchers began disseminating knowledge generated in their studies. These early steps were essential in enabling them to publish frequently in the highest-impact journals on the international stage today. Now, it is time for physical activity and health research to give back to RBAFS for everything it has done for the field. In this text, I invite all researchers in physical activity and health in Brazil to submit their best work to RBAFS so that, as a 30th-anniversary gift, the journal can achieve its long-awaited indexing in SciELO.

Perspectives on the challenges, achievements, and future of RBAFS

Mauro Virgílio Gomes de Barros – SBAFS President 2016 to 2018

Reaching the milestone of 30 years of history is no trivial feat; on the contrary, it represents a significant achievement attained by only a few Brazilian journals. This is particularly noteworthy given the almost complete absence of financial support for maintaining RBAFS. The only exception was the funding received through the National Council for Scientific and Technological Development (*Conselho Nacional de Desenvolvimento Científico e Tecnológico* – CNPq) Editorial Program in 2012, which could not be renewed in subsequent years due to the requirement for SciELO indexing as a prerequisite for application. Thus, surviving for 30 years without financial support while remaining an open-access journal is a remarkable achievement – one that deserves to be widely celebrated.

The first volume of RBAFS, published in 1995, was a milestone for the field and came at a time when internet access was still very limited. Consequently, the printed version of RBAFS served as a unique tool for disseminating knowledge. It is worth noting that the first published issue included only two original articles, yet they reflected the epistemological boundaries of the physical activity and health field at that time. In 2008, with the establishment of the SBAFS and under the leadership of Professor Pedro Curi Hallal, RBAFS

adopted a new editorial policy, allowing the journal to advance in its mission.

Starting in 2012, I had the opportunity to serve as one of the Editors-in-Chief of RBAFS, sharing this responsibility with Professors Alex Antonio Florindo and Airton José Rombaldi. It was a period of great challenges, such as implementing an electronic submission platform without any financial resources to support it. Nevertheless, RBAFS continued to progress, and the quality it has achieved as an academic journal cannot be denied.

RBAFS plays a crucial role in disseminating scientific knowledge related to “physical activity and health,” serving as the primary source of reference and study for professionals in the field. The editorial team's commitment to bridging the gap between knowledge production and real-world application is evident in various initiatives, including – but not limited to – the adoption of open science policies and best scientific practices.

There is no doubt that RBAFS has reached an excellent editorial standard, making it clear that the journal meets the requirements for indexing in the most important databases. However, such indexing will be merely a consequence of its legacy of contributing to the advancement of knowledge and research in physical activity and health, as well as its impact on professional training and, ultimately, on improving the health of the Brazilian population.

A promising future lies ahead, in which RBAFS reaffirms its commitment to producing and disseminating high-quality scientific knowledge, contributing to the professional training process and promoting more effective and efficient interventions in the field of physical activity and health. RBAFS will continue to serve as a platform for dialogue and debate on the most relevant topics in the field. Congratulations to RBAFS, its editors, reviewers, and, most importantly, the authors of the articles published over these 30 years of history.

The challenges and achievements of the 2018-2020 administration of the Brazilian Society of Physical Activity and Health

Alex Antônio Florindo – SBAFS President 2018 to 2020

RBAFS is a historical heritage of the physical activity field in Brazil. Although it is the official journal of the

SBAFS, RBAFS was established even before the society itself and before the leading international journal in the field (JPAH). With a visionary perspective as early as the mid-1990s, Professor Abdallah Achour Júnior was the first scientific editor and the researcher who founded the journal. As an undergraduate student in physical education at that time, reading various scientific articles published in RBAFS inspired me to pursue graduate studies in public health. I also published my first scientific article in RBAFS in 1998. I believe this was the path for many researchers in Brazil. Therefore, I am convinced that, over these 30 years, RBAFS has been the leading journal in the field of physical activity and health in Brazil. I have had the honor of holding every position within the journal, from article reviewer to associate editor, eventually becoming Editor-in-Chief. This has given me firsthand knowledge of the immense challenge of maintaining a scientific journal for such a long period. The journal has undergone significant evolution, including an increase in submissions and publications – receiving up to 200 articles per year and publishing about 35% of them – the transition from printed editions to a fully online platform, the expansion of the editorial and reviewer board with national and international members, the translation of articles into English, indexing in scientific databases, the creation of new sections, and, ultimately, following the standards of high-quality scientific journals. The knowledge endorsed and disseminated by RBAFS has contributed to improving undergraduate education in fields such as physical education and related disciplines, as well as enhancing research and graduate studies in Brazil. Additionally, the research published in RBAFS has played a role in shaping policies, actions, and programs for promoting physical activity, directly contributing to improving opportunities for leisure-time and active transportation practices. In conclusion, I feel immense joy in having been part of this 30-year journey, and I hope that RBAFS continues to enhance its quality, seek indexing in new databases, and unite our scientific community – so that more people engage in physical activity and contribute to improving public health.

I would like to thank all the presidents of the administrations that succeeded us and provided all the support for our work. I am especially grateful to the board, composed of young researchers who brought me great vitality. Together, we carried out highly collaborative work, with the certainty that we did our best for the field of physical activity and health in Brazil.

RBAFS 30: Achievements, challenges, and suggestions for the next 30 years

Paulo Henrique Guerra - SBAFS President 2020 to 2022

First and foremost, I express my gratitude for being part of the authorship of this editorial, which celebrates the 30th anniversary of RBAFS.

In my contribution, I take the liberty of recalling recent achievements that reinforce RBAFS's role in our field of discussion, as well as weave on current challenges and proposing suggestions for the future.

Regarding the journal's undeniable commitment to the field, I highlight its careful attention to emerging topics, which have led to thematic article calls such as City "Academy Program / Health Academy (2020)"⁷; "Promotion of Physical Activity in Primary Health Care" (2021)⁸; "Public Policies for Physical Activity" (2024)⁹; and, at the time of writing this text, studies addressing "Equity, Diversity, and Inclusion in Physical Activity and Health"¹⁰.

Similarly, I emphasize RBAFS's significant role in publishing methodological articles from studies that supported the "Physical Activity Guidelines for the Brazilian Population" (2021)⁸; its dialogue with the former General Coordination of SBAFS which resulted in an editorial text (2022)¹¹; and its invitation to present the proposals of working groups from the Brazilian Society of Physical Activity and Health, which have been published regularly¹²⁻¹⁴, thereby giving visibility to these initiatives within the strategic planning of the Society to bring together interested individuals.

Beyond these advancements, I also highlight the journal's ongoing efforts to disseminate scientific knowledge in an accessible language to the general public. Through its constant work on social media, RBAFS expands opportunities for discussion and decision-making. In a recent article, we shared experiences indicating the interest and potential of social media in presenting topics related to the field¹⁵.

In terms of challenges, I emphasize the need for indexing in major electronic databases such as PubMed, Scopus, and SciELO. These advancements will undoubtedly bring greater visibility and consolidation to RBAFS – making it essential and urgent for the journal to establish itself as a primary option among peers in the field. The ongoing efforts and repeated attempts by the editorial team over the past decade highlight the magnitude of this challenge.

Regarding internationalization, I also highlight opportunities for dialogue that could lead to thematic calls or articles in collaboration with regional networks, such as the Physical Activity Network of the Americas (RAFA-PANA), the South American Network of Physical Activity and Sedentary Behavior (SAPA-SEN), and the Latin American Society for Research in Physical Activity and Health. Notably, we had the opportunity to publish the Proceedings of the First Latin American Congress on Research in Physical Activity and Health in 2021¹⁶. I believe that increasing the publication of Latin American studies can help consolidate and contrast the contextual realities of our continent with those observed in high-income countries – thus fostering decision-making based on more specific regional demands.

As a final but equally important suggestion, I draw attention to the visibility of projects conducted in Brazil's Central-West and Northern regions. Despite progress in recent years¹⁷, including the emergence of graduate programs with related research lines, it remains crucial to maintain engagement with researchers from these regions. This would enable the development of robust proposals aligned with local demands.

Finally, I extend my congratulations to everyone who has contributed to RBAFS over these 30 years. I hope that in another 30 years, we will have even greater achievements to celebrate and new challenges to overcome.

Celebrating 30 years of RBAFS: Achievements and challenges in the scientific landscape

**Maria Cecilia Marinho Tenório - SBAFS
President 2022 to 2024**

The year 2025 marks a special celebration for the field of physical activity and health in Brazil: we celebrate the 30th anniversary of RBAFS. This is a significant milestone, not only for the academic community but also for all health professionals and related fields.

I would like to take this opportunity to express my deep gratitude to Professors Dartagnan Pinto Guedes and Abdallah Achour Junior, the founders of the journal, whose brilliant vision 30 years ago led to the creation of a publication that would become a pillar for the dissemination of scientific knowledge in the field. We also thank them for entrusting the administration of the journal to the SBAFS, ensuring its strengthening and expansion over the decades.

I extend my congratulations to all the Editors-in-Chief, Associate Editors, and Assistant Editors, both past and present. Through voluntary work, commitment, ethics, and responsibility, each of them has contributed to the history of RBAFS.

Over these three decades, RBAFS has established itself as a fundamental channel for scientific development and knowledge exchange in the field of physical activity and health. Many of Brazil's most renowned researchers, who are now international references, published their first studies in the journal, directly contributing to the growth and evolution of the field. RBAFS covers a wide range of health-related topics across different life cycles and contexts.

Furthermore, RBAFS has become an indispensable communication vehicle for health professionals in Brazil, widely recognized and read by those directly involved in health promotion. It also plays a crucial role in the training and development of professionals, students, and researchers. The journal has created a unique space that connects students, researchers, and health professionals, enabling the investigation and dissemination of real-world issues.

As a former Scientific Director and President of SBAFS, I am proud to have supported the excellent initiative led by former Editors-in-Chief Priscila Sasaki and Jeffer Sasaki in promoting the training of new reviewers through workshops. This effort was essential to ensuring the quality of publications and encouraging the participation of new generations of reviewers.

Despite its many achievements, some challenges remain. Among them is the need to maintain the volume of publications and expand the journal's international reach, ensuring the relevance and quality of its articles. The indexing of RBAFS in new databases remains a key goal. Editors have been working diligently to enhance the journal's recognition and global visibility.

It is also essential for the journal to continue adapting to changes in the scientific and health landscape, seeking innovations in editing, reviewing, and disseminating research. In a constantly evolving world, RBAFS must keep pace with new trends in scientific communication and continue fostering the exchange of ideas among students, researchers, and professionals from various fields.

Looking ahead, I see the importance of increasing the number of Associate Editors from different parts of Brazil and the world, making RBAFS even more representative within the national and international

community. I also believe that by expanding knowledge dissemination strategies and forming partnerships, we can increase the number of authors and readers of the journal. With these efforts, RBAFS will continue to solidify its position as an essential reference in promoting health and physical activity, positively impacting both science and society.

With the engagement of the scientific community, health professionals, and related fields, RBAFS has the potential to continue growing, establishing itself as one of Brazil's leading scientific journals. I have full confidence that the journal is prepared to face future challenges and keep advancing, always committed to providing a platform for the production and dissemination of knowledge.

May the next 30 years bring even more achievements, growth, and collaboration in pursuit of a healthier society that recognizes the importance of physical activity.

30 Years of movement and knowledge

**Christianne de Faria Coelho-Ravagnani -
SBAFS President 2024 to 2026**

In 2025, we celebrate the 30th anniversary of RBAFS. Over three decades, we have witnessed significant transformations not only in science but also in society as a whole.

RBAFS was born in 1995, in a predominantly analog Brazil, where access to scientific information was limited to university libraries and relied on paper. The science of physical activity had yet to “take enough steps” to establish itself as an essential field in health promotion.

Today, we live in a globalized and digital world where access to information and scientific knowledge is instantaneous and more democratic. Paradoxically, the excess and speed at which information circulates have increased the frequency of “misinformation,” requiring us to be even more rigorous and committed to truth and scientific transparency.

Technological advancements have also transformed physical activity, creating another paradox: while equipment, environments, apps, and wearable devices have revolutionized how people exercise, excessive use of digital tools has facilitated physical inactivity and sedentary behavior, deepening social inequalities between those with access to modern physical activity resources and those who still face barriers to incorporating movement into their routines. Gender, income, racial, and

ethnic factors continue to limit the participation of various groups in physical activities. The rising prevalence of physical inactivity and associated diseases among young people is alarming and brings to light a highly relevant and timely discussion: banning cell phones and reclaiming physical movement in schools.

Amid so many transformations, RBAFS's mission has never been more relevant. Throughout its history, the journal has become the leading national scientific platform for “exposing” and monitoring epidemiological trends, disseminating experiences and research that have supported the development and implementation of physical activity programs and policies, influencing governmental decisions in Brazil. I dare say that every researcher in the field of physical activity and health in the country has either published or considered publishing their study in RBAFS!

For all these reasons, SBAFS is proud to be responsible for managing RBAFS, a journal that fosters dialogue between science and practice and provides free, high-quality information to policymakers, professionals, researchers, and society at large.

The future holds challenges we cannot fully foresee, but RBAFS will undoubtedly remain committed to the best kind of science – the kind that promotes human development and social justice. Thank you to everyone who has been part of this journey, and let us work together to ensure that the journal's 30 years are also marked by its well-deserved indexation in Scielo.

Here's to many more years of movement and knowledge!

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