

EDITORIAL - THE EVOLUTION OF LIFESTYLE JOURNAL

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It is with great satisfaction that we announce an important milestone in the evolution of our journal: the transition from the name *Lifestyle* to *Journal of Interdisciplinary Lifestyle Studies*. This decision reflects the journal's natural growth, editorial maturity, and its continued commitment to high-quality scientific production.

This change was proposed by the Scientific Committee, which, in its evaluative meetings, identified the need for a title that more accurately represented the interdisciplinary nature of the publication. After careful analysis, the editorial board considered the proposal to be prudent and strategically aligned with the journal's future, approving the change unanimously.

In recent years, we have observed that the field of lifestyle studies has significantly expanded its dialogue with multiple areas of knowledge - health, education, behavior, spirituality, environment, public policies, technology, among others. Thus, the new title highlights this dynamic and integrative characteristic without distancing us from our original identity; for this reason, we preserved the term *lifestyle*, which continues to represent the essence of the journal.

It is important to emphasize that the ISSN remains unchanged, and all indexing databases also remain the same, ensuring continuity and security for authors, reviewers, readers, and institutions.

The new title represents a phase of editorial expansion. Accordingly, we present suggestions for the updated scope, which now encompasses:

- Interdisciplinary studies on lifestyle and its impacts on physical, mental, and social health.
- Research involving health promotion, disease prevention, and behavior-change-based interventions.
- Works integrating science, education, spirituality, environment, and sustainability as foundations for quality of life.
- Translational and applied studies in communities, focusing on human well-being.

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- Reviews, experience reports, observational studies, and clinical trials related to lifestyle practices.
- Integration among lifestyle, public policies, and community approaches.
- Investigations on social and cultural determinants influencing healthy behaviors.
- Emerging and innovative topics such as digital health, longevity, integrative models, and lifestyle-related technologies.

We reaffirm our commitment to rigorous, ethical, and transparent editorial processes. We will continue to advance our guidelines for authors, reviewers, and editors, strengthening our policy of scientific best practices, academic integrity, and continuous peer review. We are also expanding the editorial board, seeking specialists from diverse fields who can further enhance the quality and diversity of the research published.

Another strategic advancement will be the intensification of national and international partnerships with graduate programs, research groups, and academic institutions dedicated to lifestyle studies in its multiple dimensions. This expansion will enable greater scientific exchange, increased visibility of the journal, and the generation of knowledge applied to contemporary challenges in health, education, and sustainability.

We are also committed to strengthening the internationalization of the publication. The transition to *Journal of Interdisciplinary Lifestyle Studies* opens new opportunities for English-language submissions, global thematic dossiers, participation in international networks, and heightened integration with high-impact scholarly databases. This movement aims to consolidate the journal as a reference for researchers from different countries interested in the integration of lifestyle with other knowledge domains.

Finally, we reinforce that this change represents not merely an update of nomenclature, but a strategic repositioning aligned with current scientific and social transformations. The new name symbolizes our vision for the future: a journal open to interdisciplinary dialogue, committed to robust evidence, social relevance, and methodological innovation.

We believe that this evolution will further strengthen our mission to promote scientific knowledge that is relevant, up-to-date, and transformative. We invite researchers, professionals, and students to continue with us on this journey of growth.

Journal of Interdisciplinary Lifestyle Studies: a new name, the same commitment to science that transforms lives.