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Exercise for Health

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Deadline for manuscript
submissions:

closed (10 February 2023)

Message from the Guest Editors

The concept that exercise is medicine is now well established. Exercise exerts concurrent beneficial effects on multiple organ systems that result in improvements in physical and mental health, and that are associated with a decreased risk of many chronic diseases, improved management of established disease, and decreased mortality. There are many approaches to exercise for improving health-related fitness to increase the health, quality of life, and longevity of various populations in both primary and secondary prevention.

Papers addressing exercise for improving health are invited for this Special Issue of *International Journal of Environmental Research and Public Health*.



mdpi.com/si/88725

Special Issue



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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

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Environmental Research and Public
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