

## Special Issue

# Advances in Physical Exercise and Wellbeing

### Message from the Guest Editor

Physical exercise is one of the most important factors contributing to overall wellbeing. Regular physical exercise has been linked to numerous health benefits, including improved cardiovascular health, weight management, increased muscle strength and flexibility, better mental health, improved sleep or reduced risk of chronic diseases. Despite the benefits of physical exercise, adherence to exercise can be challenging for many individuals. While adherence to exercise can be challenging, there are strategies that can be employed to help individuals stay motivated and engaged in physical activity over the long term. The current Special Issue is focused on studies that evaluate the effects of physical exercise on wellbeing and explore strategies and variables that are crucial to engage people in physical exercise programs. Both original research and review studies are welcome in this Special Issue. If preparing for submitting a systematic review paper, be sure to follow the PRISMA guidelines. **Keywords:**

- physical exercise
- public health
- wellbeing
- quality of life
- healthy lifestyle
- adherence

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### Guest Editor

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### Deadline for manuscript submissions

closed (30 August 2024)



## Applied Sciences

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## About the Journal

### Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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### Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo  
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