

## Special Issue

# Health, Physical Exercise, Sport, and Quality of Life

### Message from the Guest Editors

We are pleased to announce a Special Issue entitled “Health, Physical Exercise, Sport, and Quality of Life” in *Healthcare*, focusing on the transformative role of physical activity and exercise in improving health and quality of life. This Special Issue aims to explore the different ways in which physical activity and exercise contribute to physical health, mental health, and quality of life and to propose new lines of research, from different areas of knowledge, that support the improvement of health and quality of life. This theme is aligned with the focus of the journal by addressing healthcare practices based on the strategy of prevention and innovative approaches that promote the well-being of people. Original research, systematic reviews, meta-analyses, and case studies addressing topics such as the following are invited:

- The role of physical activity and physical exercise in improving mental and physical health, and quality of life.
- Impact of physical exercise and physical activity programs on social and community health.

We look forward to receiving your contributions.

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### Guest Editors

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### Deadline for manuscript submissions

30 June 2026



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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### Editor-in-Chief

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### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
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#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).