Special Issue

Physical Activity: A Powerful Weapon to Public Health Strategy

Message from the Guest Editors

Regular physical activity contributes to better performance in health profile and is important for human development throughout the entire lifespan. There is strong evidence for the beneficial effects of physical activity and individual prescription of exercise on health, in the areas of all-cause mortality and neurocognitive health. In addition to its beneficial effects, physical activity can also be associated with impaired mental health, such as "excessive exercise" and "overtraining syndrome". This relationship can also translate the health status between exercise and mood, important for social demand and quality of life. Through the economic field, it is also well established that physical activity is the better intervention to be cost-effective in public health. For health-enhancing physical exercise must be controlled via all the insights of the methodology of training because physiological parameters change. In this case, the prescription should be adequate and appropriate to improve public health benefits taking to account the increase in physical activity.

Guest Editors

Dr. Ana Pereira

Instituto Politécnico de Setúbal, Escola Superior de Educação, Departamento de Ciências e Tecnologias, Estefanilha, 2910-761 Setúbal, Portugal

Dr. Luis Leitão

Department of Sciences and Technology, Polytechnic Institute of Setubal (IPS), Estefanilha, 2910-761 Setúbal, Portugal

Deadline for manuscript submissions

closed (31 December 2023)



Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/148097

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

mdpi.com/journal/ healthcare





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We would be pleased to welcome you as one of our authors.

Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

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