

## Special Issue

# Effects of Self-Control and Motivation in Exercise and Physical Health

### Message from the Guest Editor

This Special Issue aims to explore the profound impact of these psychological factors on exercise and overall health outcomes. We invite original research and comprehensive reviews that assess the effects of self-control and motivation on exercise, and their influence on combined mental and physical health improvements. We seek to deepen our understanding of how these factors contribute to health and wellbeing and identify strategies to enhance them.

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### Deadline for manuscript submissions

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## 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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