

Special Issue

Promotion of Health and Exercise

Message from the Guest Editor

The year 2020 has taught us it that health is one of the most important aspects of our lives. Covid-19 demonstrated the need for a healthy population. As many governments around the world seek answers to current and future public health crises, we as health researchers know that prevention is key to avoiding illness, but also for overcoming it. We know the answers to many health questions that plague our society today, ranging from obesity and diabetes to cardio vascular disease, namely health and exercise; however the question for us is how do we promote it? The aim of this Special Issue is to seek an understanding of the effective promotion of health and exercise. We are looking for reviews, original research, and scholarly opinion pieces that address the issues of how to promote health and exercise in a wide range of topics. In this Issue, we strongly suggest authors take a stance of not merely stating the results and conclusions of their work, but also solutions to the problems they are addressing. We want this to be a Special Issue that not only promotes health and exercise, but also lays out a framework of how to achieve it.

Guest Editor

Dr. Eric Sobolewski

Human Performance Lab, Department of Health Sciences, Furman University, Greenville, SC 29613, USA

Deadline for manuscript submissions

closed (31 January 2022)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/69868

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

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

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

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, Irvine, CA 92697, USA

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 (Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 22.4 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2025).