

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

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About the Journal

Message from the Editor-in-Chief

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