

Special Issue

Benefits of Exercise on Reproductive Health

Message from the Guest Editor

Exercise is defined as movement typically associated with positive outcomes. We often, however, neglect to highlight the barriers that prevent individuals from being physical activity. Women, individuals who menstruate, those undergoing IVF, or those who are pregnant often face health challenges that can contribute to them not meeting the appropriate recommended physical activity guidelines. Menstrual cramps, pregnancy fatigue, and menopause symptoms may present certain barriers, yet there is also a positive role of physical activity in decreasing these symptoms while maintaining muscle mass and bone density. In this Special Issue, dedicated to the 'Benefits of Exercise on Reproductive Health', we challenge exercise physiologists and other professionals to disseminate studies and quantitative, qualitative, mixed-methods, or systematic reviews that focus on exercise that includes an aspect of reproductive health in their research. Our goal is to explore the understudied relationship of reproductive health barriers and the benefits of exercise so as to provide women of all ages a supportive rationale to embrace movement.

Guest Editor

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Message from the Editor-in-Chief

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