



Health Benefits of Physical Activity in Older Adults

Guest Editors:

Dr. Jose Losa-Reyna

1 GENUUD Toledo Research Group, University of Castilla-La Mancha, 45071 Toledo, Spain;
2 CIBER of Frailty and Healthy Aging (CIBERFES), 28029 Madrid, Spain;
3 Geriatric Department, Hospital Virgen del Valle, 45071 Toledo, Spain

Prof. Dr. Maria Giné-Garriga

1. Faculty of Psychology, Education and Sport Sciences Blanquerna, Ramon Llull University, Cister 34, 08022 Barcelona, Spain
2. Faculty of Health Sciences Blanquerna, Ramon Llull University, Padilla 326, 08025 Barcelona, Spain

Message from the Guest Editors

Most Western countries are experiencing a worrying ageing of their population that will be further enhanced in the coming years. The level of functional independence of older subjects depends mainly on maintaining an adequate aerobic capacity and muscle power above a certain threshold. Notably, older people tend to avoid physical activity when their aerobic capacity is poor, and are not capable of certain basic activities—such as standing up from a chair—when their muscle power is very low. As their involvement in physical activity decreases, their loss of muscle function accelerates, which further reduces aerobic capacity, leading to a vicious cycle. In sum, the promotion of regular physical activity is among the main non-pharmaceutical actions that should be advocated in older subjects, especially regarding a preventive approach for “a successful ageing”. The submission of papers addressing these topics for this Special Issue is welcomed.

Deadline for manuscript submissions:

closed (31 December 2021)



mdpi.com/si/69645

Special Issue



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

International Journal of
*Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)