



Psychological Wellbeing and Exercise

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Deadline for manuscript submissions:

closed (30 June 2023)

Message from the Guest Editors

Physical activity has benefits in the following aspects of psychological wellbeing:

- Reduces stress and anxiety
- Increases self-confidence and social interaction
- Decreases negative thoughts
- Increases motivation

Physical activity is an important tool in the prevention and treatment of mental health disorders and as a means to promote a more satisfactory quality of life. This Special Issue will focus on the topics discussed above. Articles are invited to address these topics for this Special Issue of the International Journal of Environmental Research and Public Health (IJERPH), and new research papers, reviews, case reports, and methodology documents are welcome to this Special Issue.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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Environmental Research and Public
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