



Physical Activity and Health Behaviors

Guest Editors:

Prof. Dr. Julien S. Baker

Center for Health and Exercise
Science Research, Department of
Sport, Physical Education and
Health, Hong Kong Baptist
University, Hong Kong 999077,
China

Prof. Dr. Melitta McNarry

Applied Sports Technology,
Exercise and Medicine (A-STEM)
Research Centre, Faculty of
Science and Engineering, Bay
Campus, Swansea University,
Swansea SA1 8EN, UK

Deadline for manuscript
submissions:

closed (28 February 2023)

Message from the Guest Editors

This Special Issue is devoted to the study of interaction between physical activity and health behaviors. Research on the physiology, biochemistry, psychology, and biomechanics of health development is welcome. Physical activity is closely linked with health and well-being, and is also associated with individual behavior. Empirical evidence regarding the prevalence of exercise health behaviors can help individuals develop their bodies and improve their health status. Regular physical activity can help keep people think, learn, and improve judgment and cognitive skills as they age. Physical activity can also help to control weight and minimize obesity-related diseases. Good health behaviors can convey health benefits and protect individuals from disease. Therefore, more studies such as those presented in this volume are required. This will help us to design interventions for improving health that may change the behaviors and habits of individuals in order to make physical activity and healthy behavior the preferred option for individuals.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture,
Adelaide University, Adelaide
5001, Australia

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.

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, CAPlus / 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, Grosspeteranlage 5
4052 Basel, Switzerland

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

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI