



Physical Activity and Health Status in All Stages of Life

Guest Editors:

Dr. María Concepción Robles Gil

Department of Didactics of Musical, Plastic and Corporal Expression, School of Teacher Training, University of Extremadura, 10003 Cáceres, Spain

Dr. Fco Javier Grijota Pérez

Faculty of Life and Natural Sciences, School of Sport Sciences, University of Nebrija, Campus La Berzosa, Calle del Hostal, Hoyo de Manzanares, 28248 Madrid, Spain

Dr. Gema Barrientos Vicho

Department of Sport Science, Faculty of Education, Pontifical University of Salamanca, 37007 Salamanca, Spain

Message from the Guest Editors

With adequate programming, regular physical activity is an effective way to improve physical performance, improve physical and mental health, and reduce the risk factors for many noncommunicable diseases, such as cardiovascular diseases, cancer, respiratory diseases, metabolic syndrome, sarcopenia, osteoporosis and depression.

For this Special Issue, we invite submissions that describe interventions to promote physical activity and reduce sedentary behaviour in all stages of life, with a clear focus on strategies to enhance adherence and implementation in practice. We are particularly interested in high-quality research related to evaluating the effect and/or process of health promotion interventions to reduce physical inactivity. Researchers are invited to contribute novel work to be considered for publication in this Special Issue, including original articles, short communications, systematic reviews or meta-analyses.

Deadline for manuscript
submissions:

closed (10 June 2023)





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)