



Patient-Oriented Exercise Interventions

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Message from the Guest Editor

Exercise is medicine. Its effect on disease pathogenesis and symptoms has been described for numerous psychiatric, neurological, metabolic, cardiovascular, pulmonary, musculoskeletal diseases, and cancer. Despite given evidence for the overall benefit of exercise regimens on health, the need for individualized training programs is frequently named yet rarely specified.

Individualization has face validity for patients' benefit; however, there is an absolute need to get more inside into its advantages in terms of treatment effectiveness, safety, and exercise adherence.

This Special Issue seeks papers considering all aspects of person-oriented approaches for exercise programs in prevention, therapy, and rehabilitation. Observational studies, clinical trials, and corresponding sensitivity analysis as well as high-quality narrative and systematic reviews will be considered.





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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. 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.

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