



## Health-Related Physical Activity and Exercise

Guest Editor:

**Dr. Diego Augusto Santos Silva**

Research Center  
Kinanthropometry and Human  
Performance, Sports Center,  
Federal University of Santa  
Catarina, Florianopolis 88040-  
900, Brazil

Deadline for manuscript  
submissions:

**closed (15 June 2023)**

### Message from the Guest Editor

Physical activity and physical exercise are strategies for promoting health throughout life. This Special Issue aims to disseminate research focused on physical activity and physical exercise related to health. In this sense, studies that have investigated the determinants, correlates and/or measures of physical activity, sedentary behaviour, physical exercise and health-related physical fitness indicators (body composition, flexibility, aerobic fitness, strength) in different population subgroups (children, adolescents, adults, older adults, athletes, populations with disease diagnoses) are welcome. In addition, studies on monitoring and policies to promote physical activity and/or sports are welcome. All types of studies (interventions, case-control, cross-sectional, longitudinal, reviews, meta-analysis, etc.) are welcome for submission to this Special Issue, which intends to publicize the area of physical activity related to health.





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, 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, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)