



Physical Activity, Wellness and Health: Challenges, Benefits and Strategies

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Message from the Guest Editors

Regular physical activity is both a preventive measure and a cure for non-communicable diseases (NCDs). In addition to these health effects, physical activity improves mental health, quality of life, and well-being (World Health Organization, 2018). Conversely, physical inactivity and sedentary lifestyles have negative impacts on individuals, families, and society.

This Special Issue is designed to provide an interdisciplinary and international forum for reporting the latest findings on topics that include anthropometric determinants of health and performance, physical activity and healthy habits, exercise and diet, exercise and body composition, interventions to promote physical activity for people of all ages, strategies for the implementation of an active life, and the beneficial effects of exercise on metabolic syndrome.





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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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