



## **Physical Performance, Biomarkers and Healthy Aging in Older Adults**

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### **Message from the Guest Editor**

The topic of interest for this Special Issue is healthy aging, particularly as longer lifespans do not always correlate with sustained wellbeing. As health is multifactorial, research in this field has a wide scope, including disease avoidance and the maintenance of physical function into old age. Focusing on the latter, a number of physical performance measures are associated with healthy aging, including grip strength, standing balance, and walking speed, with lower scores in these tests typically associated with increased all-cause mortality.

As such, along with the absence of disease states, muscle strength is an important component of healthy aging. Age-related loss of muscle mass, muscle strength, and muscle function leads to a decline in physical performance, loss of independence, and reduced quality of life. The elderly are vulnerable with low physical activity and periods of bed rest, and they experience more severe loss of lean tissue/muscle mass than younger adults do.





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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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