



## Exercise Medicine in Health and Disease

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### Message from the Guest Editor

Dear Colleagues,

There is a growing body of literature that recognizes the importance of the beneficial effect of regular exercise based on advances in research at the molecular, cellular, and whole body levels. Exercise is one of the very prospective therapeutics for disease, contributing to the inhibition of epidemic and pathogenic diseases including hypertension, diabetes, cancer, aging, brain disorder, cardiovascular disease, and hepatic-related diseases in the world. However, physical inactivity and unbalanced dietary patterns result in increased exposure to a variety of diseases and weakness in exercise capacity, ultimately resulting in mortality. To prevent diseases and promote healthy lifestyle conditions, the World Health Organization recommends increased physical activity level, aerobic exercise and/or resistance exercise, and combination of aerobic exercise and resistance exercise in the 21st century. Therefore, the aim of this Special Issue is to collect novel findings in the field of exercise medicine in health and disease.





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## Editor-in-Chief

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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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