



Impact of Exercise and Sports on Health

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Message from the Guest Editor

Dear Colleagues,

Sedentary behaviour is one of the biggest health issues facing society. Inactivity is associated with increased risk for a number of diseases, such as type 2 diabetes, cardiovascular disease, cancer, and dementia. We are seeking research papers examining the impact that exercise or sport interventions can have on the health and wellbeing of a population, for example, research papers examining general population disease risk, specific disease populations, and ageing. Such research papers should look to explore clinically relevant endpoints and/or impact on quality of life.

Dr. John Babraj

Guest Editor





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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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