



Physical Activity Interventions for Healthy Ageing and Fall Prevention

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Message from the Guest Editors

Dear Colleagues,

Aging plays an important role in the alterations observed in elderly organisms, but we do not know in what proportion, since inactivity is a fact consubstantial with aging. Over the years, physical activity not only decreases in intensity but also in duration, which translates into increasing difficulty in coping with daily tasks and, ultimately, a deterioration in quality of life.

This Special Issue aims to highlight the latest evidence on the potential health benefits of physical activity in the elderly population, and encourages submissions of original articles, reviews and short communications that specifically address physical activity and/or the underlying causes and mechanisms of the prevention of falls in this population. Due to the breadth of the topic, contributions from many disciplines such as epidemiology, biomechanics, physiology, psychology and social sciences are expected. Contributions on these topics are welcome, particularly those that combine high academic standards with a sound approach to addressing the physical activity needs of older people.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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