



## Sport-Exercise and Stress: A Winning Combination

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### Message from the Guest Editors

Dear Colleagues,

The link between physical activity and stress is complex and fascinating. Stress management techniques are now considered an important tool to improve physical performance, particularly in elite sports; on the other hand, regularly performing exercise represents a strategy to manage chronic stress, particularly when the exercise is correctly prescribed.

This Special Issue of the *International Journal of Environmental Research and Public Health* aims to collect papers which explore the fascinating relationship between sport or exercise and stress, considering all the possible links, for instance, etiopathogenetic mechanisms (genetic, molecular, immunological, hormonal, autonomic nervous systems, etc.), therapeutic strategies, epidemiological, educational and preventive aspects, considering patients, healthy subjects, and athletes of traditional sport disciplines and of new frontiers or sport such as e-Sport (electronic sport), which is an emerging and interesting phenomenon.





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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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