

## Special Issue

# Physical Activity and Health: Strategies and Action Plans to Prevent Public Health Risks

### Message from the Guest Editors

This Special Issue seeks to address healthier lifestyles, with an emphasis on physical exercise related to main heart, lung, and metabolic diseases, as well as its relationship with the social determinants of health and government policies. Researchers are invited to contribute novel work for publication in this Special Issue. The submissions can include original articles and critical reviews, such as systematic reviews or meta-analyses. There are no restrictions on study design or methodology (i.e., secondary analyses, cross-sectional or longitudinal designs, intervention studies, or observational studies).

- physical activity
- exercise
- healthy lifestyles
- prevention health risks
- physical therapy
- metabolic diseases

### Guest Editors

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### Deadline for manuscript submissions

closed (30 June 2025)



## International Journal of Environmental Research and Public Health

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## About the Journal

### 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.

*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 journal.

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### Editor-in-Chief

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