

## 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

Prof. Dr. C. Eduardo Siqueira

Department of Urban Planning and Community Development,  
University of Massachusetts Boston, Boston, MA 02125, USA

Prof. Dr. Rodrigo Daminello Raimundo

Laboratory of Study Design and Scientific Writing, Faculdade de  
Medicina do ABC, Centro Universitário FMABC, Santo André 09060-  
650, SP, Brazil

---

### Deadline for manuscript submissions

closed (30 June 2025)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/134528](https://mdpi.com/si/134528)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## 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.

---

### Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)