

## Special Issue

# Physical Condition, Performance and Health: Focus on the People with Disabilities

### Message from the Guest Editors

Physical condition, performance, and health are important aspects of well-being for everyone, including people with disabilities. However, individuals with disabilities may face additional challenges in maintaining their physical health due to mobility issues and limited access to resources. To maintain physical condition, individuals with disabilities can engage in physical activity that is tailored to their abilities, such as adaptive or regular sports. A healthy diet and getting enough sleep are also crucial for physical health. Regular exercise and physical activity can improve physical performance, and individuals can set achievable goals for themselves to track their progress. Thus, individuals with disabilities should prioritize their physical health by engaging in regular physical activity, maintaining a healthy diet, and getting enough sleep. By focusing on their physical well-being, individuals with disabilities could lead fulfilling and healthy lives.

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### Guest Editors

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### Deadline for manuscript submissions

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## International Journal of Environmental Research and Public Health

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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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