

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.

Guest Editors

Dr. Aitor Iturricastillo

Society, Sports and Physical Exercise Research Group (GIKAFIT), Physical Education and Sport Department, Faculty of Education and Sport, University of the Basque Country, UPV/EHU, 01007 Vitoria-Gasteiz, Spain

Dr. Javier Yanci-Irigoyen

Department of Physical Education and Sport, Faculty of Education and Sport, University of the Basque Country, UPV/EHU, 01007 Vitoria-Gasteiz, Spain

Deadline for manuscript submissions

closed (26 October 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/161889

*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

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

Centre for Public Health, Equity and Human Flourishing, Torrens
University Australia, Adelaide 5000, 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)