

Special Issue

Exercise for Health: Physical Activity Barriers and Enabling Factors

Message from the Guest Editor

Dear Colleague, Importance and positive impact of physical activity on human health is widely accepted today. Physical activity is an extremely important “weapon” in the fight against civilization diseases and sedentary lifestyle. In order to prevent the adverse effects of the sedentary nature of work and leisure, efforts should be made to increase the level of physical activity among the general public. This is also the goal of the global and national pro-health strategies being created, the expected effect of which is to reduce the percentage of people giving up physical activity. This Special Issue calls for papers that investigate determinants of health-related behaviors. The purpose of this Special Issue is to present novel studies that indicate the factors motivating various population groups to increase their physical activity and the variables that hinder their engagement in active leisure time.

Guest Editor

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Deadline for manuscript submissions

closed (31 December 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/150722

*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.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

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