

Special Issue

Exercise and Physical Activity in Health Promotion

Message from the Guest Editor

In this Special Issue, both scientific research and practical approaches are expected, which is to introduce exercise and physical activity related to health promotion in all population subgroups. All types of manuscripts are appreciated, especially those regarding the following areas but are not limited to:

- individual or group-adapted physical activity and exercise programs related to health promotion,
- intervention approaches to incorporate physical activity into daily routines,
- environmental conditions, skills, and social support, to promote changes in health behavior,
- health promotion focused on reducing sedentary lifestyles,
- work-related health promotion and coaching in physical activities,
- physical activity strategies and specifics of physical activity and movement for health promotion of people in different population groups of children, youth, and adults.

In addition, population-based trends in physical activity and/or changes in active lifestyles are welcome.

Guest Editor

Dr. Leila Oja

National Institute for Health Development, 11619 Tallinn, Estonia

Deadline for manuscript submissions

closed (30 April 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/143953

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](http://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)