

Special Issue

Adherence to Physical Activity and Its Role in Health Promotion

Message from the Guest Editors

This Special Issue will highlight research works exploring the promotion of physical activity across the human lifespan, with a particular emphasis on adherence to physical activity. Sustaining regular physical activity is essential in achieving long-term health benefits but remains a persistent public health challenge. We welcome submissions that investigate theoretical frameworks, behavioral models, the translation of policy into practice, and evidence-based strategies designed to improve adherence. This Special Issue will also publish studies examining individual behaviors, social and environmental influences, healthcare interventions, and policy-level approaches to promoting sustained physical activity. Submissions can focus on various populations, including children, adolescents, older adults, individuals with chronic conditions or disabilities, vulnerable populations, and underserved populations. Research conducted in specific community or clinical settings is particularly encouraged.

Guest Editors

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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

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