

Special Issue

Public Health Perspectives on Physical Exercise for Adults and Older People

Message from the Guest Editors

Physical exercise benefits extend beyond sports performance, playing a vital role in public health by improving musculoskeletal and cardiorespiratory function, especially in adults and older individuals, whose functions naturally decline with age.

Environmental factors like extreme temperatures also affect physical performance, highlighting the need for tailored exercise strategies. As preventive healthcare gains importance, exercise proves to be a key strategy for mitigating aging-related decline. This Special Issue explores the physiological and biomechanical adaptations to exercise and their long-term impact on musculoskeletal and cardiorespiratory health in both young and older adults, with the goal of informing public health policies to enhance the accessibility and effectiveness of exercise interventions. Topics of interest may include musculoskeletal and cardiorespiratory adaptations throughout aging, and the influence of environmental conditions. We encourage studies that address these topics within a public health framework, aiming to provide evidence for policy development and implementation.

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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.

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