

Special Issue

Benefits of Exercise on Mental and Physical Health

Message from the Guest Editor

Exercise is the most transformative thing that can be done for the brain. A single workout is capable of immediately increasing levels of neurotransmitters like dopamine, serotonin, and noradrenaline. As a result, being physically active must be more than a *motto*, since it does not only fulfill the WHO definition of health & well-being, but it also offers protection and cure against a variety of modern-day chronic diseases. If science granted longevity for the humankind, the due toll may be represented by the quality of life. Exercise emerges as the most convenient and potent forefront to abate the burden associated with the modern detrimental lifestyle. The present Special Issue aims at exploring the extraordinarily beneficial actions enabled by exercise, including novel explanations that are gaining *momentum* in the current literature. Focus will be on how physical exercise might exert a number of benefits for physical and mental health. Topics dealing with energy metabolism, immunodulation, psychological determinants, or neuromodulation, are welcome.

Guest Editor

Dr. Roberto Codella

Department of Biomedical Sciences for Health, School of Exercise and Sports Sciences, Università degli Studi di Milano, 20090 Milano, Italy

Deadline for manuscript submissions

closed (30 June 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/126293

*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





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)