

## Special Issue

# Association of Physical Activity and Sedentary Behavior with Older Adults' Health

### Message from the Guest Editors

This Special Issue of the International Journal of Environmental Research and Public Health invites researchers to submit original articles, systematic reviews, or meta-analyses that explore the relationship between physical activity, sedentary behavior, energy metabolism, and health outcomes in older adults. Studies investigating the effectiveness of exercise-based interventions, as well as the validation of instruments for exercise prescription and monitoring health-related variables in older adults, are of particular relevance. The goal is to consolidate robust scientific evidence to support intervention strategies and public policies aimed at promoting active and healthy aging.

### Guest Editors

Prof. Dr. Mauro Lúcio Mazini Filho

Southeast Federal Institute of Minas Gerais, Cataguases Campus, Cataguases 36773-563, MG, Brazil

Dr. Luis Leitão

Department of Sciences and Technology, Polytechnic Institute of Setúbal (IPS), Estefanilha, 2910-761 Setúbal, Portugal

### Deadline for manuscript submissions

31 July 2026



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/240931](https://mdpi.com/si/240931)

*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](mailto: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](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 B. Tchounwou  
RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### 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, CAPus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)