

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

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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.

Editor-in-Chief

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