

Special Issue

Exercise and Health during COVID-19

Message from the Guest Editors

On March 11, 2020, the World Health Organization (WHO) declared a global pandemic caused by a new virus named SARS-CoV2. Transmission of SARS-CoV-2 can occur through the secretions of infected people, mainly by direct contact with respiratory droplets larger than 5 microns (capable of being transmitted at distances of up to 2 meters). For this reason, many countries have restricted mobility and social interactions among their citizens as part of their early-stage strategies to fight the pandemic. Such approaches are likely to increase sedentary behaviors and induce negative health effects on the general population, and even worse in at-risk individuals (i.e., advanced age, diabetes, and cardiovascular disease). Therefore, the current Special Issue welcomes papers addressing the negative health effects of COVID-19 lockdowns, the strategies, possible solutions or alternatives to maintain physical activity levels, as well as the potential role of exercise-based interventions in the reduction of physical inactivity derived by natural movement restrictions.

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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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