

## Special Issue

# Physical Activity and Its Association with Health in University Students

### Message from the Guest Editor

Sufficient physical activity is a behavior that demonstrates positive effects on health. Therefore, university students, who comprise a population group susceptible to lifestyle changes due to the inclusion of academic obligations in their daily lives, may experience a greater impact on their level of activity. The transition to higher education can therefore be marked by severe impacts that favor the emergence of chronic diseases and the occurrence of negative mental health conditions, which could be minimized by adopting an active lifestyle. This Special Issue of the *International Journal of Environmental Research and Public Health (IJERPH)* focuses on research on physical activity as a primary outcome, as well as the relationship of this behavior with various health-related characteristics in university students. Observational and intervention studies, systematic reviews, and research characterizing evidence for validating physical activity measures in this population are welcome. I look forward to hearing from you.

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### Guest Editor

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### Deadline for manuscript submissions

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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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### Editor-in-Chief

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