

## Special Issue

# Physical Fitness and Exercise during and after the COVID-19 Pandemic

### Message from the Guest Editor

This Special Issue seeks to showcase the latest developments and insights from recent research on physical fitness and exercise during and after the COVID-19 pandemic. By delving into methodological and experimental studies, this Special Issue aims to provide a comprehensive overview of the evolving landscape of physical fitness, exercise interventions, and rehabilitation strategies in the context of the pandemic. Through a multidisciplinary lens, this Special Issue also aims to explore the resilience, adaptability, and innovative approaches employed to navigate the challenges posed by the ongoing global health crisis. As researchers continue to unravel the complexities of maintaining physical well-being in the midst of a pandemic, this Special Issue offers a platform to disseminate cutting-edge research, foster dialogue, and inspire novel approaches to promote physical fitness and exercise resilience in a post-pandemic world.

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### Guest Editor

Dr. Garry Kuan

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### Deadline for manuscript submissions

closed (1 May 2025)



## International Journal of Environmental Research and Public Health

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## 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.

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### Editor-in-Chief

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