

Special Issue

2nd Edition: Physical Fitness in an Aged Population

Message from the Guest Editor

Human aging is universal and inevitable, although the average life expectancy has improved in the last century. Currently, about 7% of the world's population is aged 65 years or older. In developed countries, this percentage is even higher (15%) and continues to grow. Human aging is associated with physical and cognitive involution, which generates functional implications, reducing the speed of walking, increasing the risk of falls, and causing progressive reduction in the ability to carry out daily activities. Considering its importance, we are organizing of a second edition on this topic. In this special issue, we will focus on different physical exercise proposals and analyses of their effects on physical fitness in older adults, as well as on the different tools used in their measurement. New research papers, reviews, case reports, and conference articles are welcome, as are articles on new approaches to promoting physical exercise in older adults. Additionally, we will accept methodological articles, position articles, short reports, and commentaries.

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.

Editor-in-Chief

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