

Special Issue

Physical Activity and Health Status in All Stages of Life

Message from the Guest Editors

With adequate programming, regular physical activity is an effective way to improve physical performance, improve physical and mental health, and reduce the risk factors for many noncommunicable diseases, such as cardiovascular diseases, cancer, respiratory diseases, metabolic syndrome, sarcopenia, osteoporosis and depression.

For this Special Issue, we invite submissions that describe interventions to promote physical activity and reduce sedentary behaviour in all stages of life, with a clear focus on strategies to enhance adherence and implementation in practice. We are particularly interested in high-quality research related to evaluating the effect and/or process of health promotion interventions to reduce physical inactivity. Researchers are invited to contribute novel work to be considered for publication in this Special Issue, including original articles, short communications, systematic reviews or meta-analyses.

Guest Editors

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Dr. Gema Barrientos Vicho

Deadline for manuscript submissions

closed (10 June 2023)



International Journal of Environmental Research and Public Health

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CiteScore 8.5
Indexed in PubMed



mdpi.com/si/106696

*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.

Editor-in-Chief

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