

Special Issue

Physical Fitness and Health Improvement

Message from the Guest Editor

It is well established that regular physical exercise provides health benefits throughout the lifetime that prevent morbidity, disability, and premature death. In addition to health benefits, the promotion of physical fitness has the potential to save billions in healthcare costs. On the other hand, a sedentary lifestyle and related non-communicable diseases are among the leading causes of premature death. Thus, encouraging children, adolescents, adults, and older adult people to increase their physical activity levels and fitness status remains an ongoing challenge. This Special Issue will synthesize current knowledge on “Physical Fitness and Health Improvement”, with an emphasis on the role of physical fitness in health, the effectiveness of exercise programs in healthy and vulnerable populations, best practices in physical fitness promotion, new strategies to improve adherence to exercise, and the role of new technologies in improving physical exercise prescription

Guest Editor

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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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