

Special Issue

Exercise for Health

Message from the Guest Editors

The concept that exercise is medicine is now well established. Exercise exerts concurrent beneficial effects on multiple organ systems that result in improvements in physical and mental health, and that are associated with a decreased risk of many chronic diseases, improved management of established disease, and decreased mortality. There are many approaches to exercise for improving health-related fitness to increase the health, quality of life, and longevity of various populations in both primary and secondary prevention. Papers addressing exercise for improving health are invited for this Special Issue of *International Journal of Environmental Research and Public Health*.

Guest Editors

Prof. Dr. Adrian Midgley

Prof. Dr. Felipe Da Cunha

Dr. Andrew Levy

Deadline for manuscript submissions

closed (10 February 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
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CiteScore 8.5
Indexed in PubMed



mdpi.com/si/88725

*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

Prof. Dr. Paul B. Tchounwou

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