

Special Issue

Physical Activity in Women

Message from the Guest Editor

Physical activity (PA) refers to all movement that increases the basal metabolic rate during leisure time, including the movement made when commuting from one place to another or as part of one's work. Both moderate- and vigorous-intensity physical activity improve health (WHO, 2020). PA interventions in women may be as effective as other clinical intervention strategies for improving reproductive health outcomes. PA plays a role in the prevention of gynecological cancer and is a therapeutic method to improve the activity of women after a surgical intervention. In addition, PA is associated with mental health and well-being.

Papers focusing on the epidemiology of PA in developed and underdeveloped countries, factors involved in the practice of PA in women, and the effect of PA in women's health are welcome. We invite researchers to send umbrellas reviews, systematic reviews, metanalysis, scoping reviews, randomized controlled trials, observational studies, or qualitative studies regarding PA in women to IJERPH for consideration of inclusion in the Special Issue "Physical Activity in Women".

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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