

## Special Issue

# Physical Activity for Older Adults

### Message from the Guest Editors

The world's population is aging—people aged 65 and over represent almost 10% of the total world population, and this figure has almost doubled in recent decades. In Europe alone, almost 20% of the total population belongs to this age group, and in countries such as Japan, almost 1 in 3 people are over 65 years old. This situation represents a challenge for healthcare and general care policies, as one of the social problems for the future is the dependency of this age group. Scientific evidence has proven that the practice of physical activity reduces late-life dependency, which represents direct savings in healthcare budgets. We will be accepting papers from various subjects, including healthcare; epidemiology; urban planning; intervention studies; research methods, such as prospective longitudinal designs, random controlled trials, and meta-analyses; innovative technologies, such as virtual reality and new technologies; and the application of these methods and technologies related to physical activity and healthy aging.

### Guest Editors

Prof. Dr. Vicente Romo Pérez

Dr. Jair Sindra Virtuoso Junior

Dr. Jose L. García-Soidán

### Deadline for manuscript submissions

closed (28 March 2022)



## 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.

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### Editor-in-Chief

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