

Special Issue

Potential Health Benefits of Physical Activity in Older Population: The Latest Updates

Message from the Guest Editors

In the modern world, many countries are facing rapid population aging, which poses considerable challenges on the social, economic, and health systems. Under such circumstances, in parallel to establishing definitive treatments against COVID-19, identifying modifiable factors that contribute to maintaining and further improving health and the quality of life of older population is a priority.

This Special Issue aims to update the latest evidence relevant to the potential health benefits of physical activity in the older population, and calls for original articles, reviews, and brief communications particularly addressing the above-mentioned specifications of physical activity and/or mechanisms underlying its potential health benefits. Because of the broad nature of the topic, papers from multiple disciplines, such as epidemiological, biophysiological, psychological, and socioenvironmental studies, are expected to be submitted.

Guest Editors

Prof. Dr. Kenji Narazaki

Prof. Dr. Zsolt Radák

Prof. Dr. Mustafa Atalay

Dr. Haiyan Wang

Dr. Sanmei Chen

Dr. Tao Chen

Deadline for manuscript submissions

closed (31 July 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/89288

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)