

Special Issue

Physical Activity, Wellness and Health: Challenges, Benefits and Strategies

Message from the Guest Editors

Regular physical activity is both a preventive measure and a cure for non-communicable diseases (NCDs). In addition to these health effects, physical activity improves mental health, quality of life, and well-being (World Health Organization, 2018). Conversely, physical inactivity and sedentary lifestyles have negative impacts on individuals, families, and society. This Special Issue is designed to provide an interdisciplinary and international forum for reporting the latest findings on topics that include anthropometric determinants of health and performance, physical activity and healthy habits, exercise and diet, exercise and body composition, interventions to promote physical activity for people of all ages, strategies for the implementation of an active life, and the beneficial effects of exercise on metabolic syndrome.

Guest Editors

Dr. Luciana Zaccagni

Department of Neuroscience and Rehabilitation, University of Ferrara, 44121 Ferrara, Italy

Prof. Emanuela Gualdi-Russo

Department of Neuroscience and Rehabilitation, Faculty of Medicine, Pharmacy and Prevention, University of Ferrara, 44121 Ferrara, Italy

Deadline for manuscript submissions

closed (30 April 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/46429

*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





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 R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

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)