

## Special Issue

# Physical and Mental Health Benefits of Lifestyle Improvement Depending on Exercise or Physical Activity in Middle-Aged and Older Adults

### Message from the Guest Editor

Though life expectancy has been increasing in recent years, healthy life expectancy is not coincident with life expectancy owing to chronic health conditions including sarcopenia, metabolic syndrome, diabetes, hypertension, non-alcoholic fatty liver disease, cancer, cardiovascular disease, arthritis, and cognitive dysfunction. Since the time gap between life expectancy and healthy life expectancy constantly raises health and social care costs, lifestyle improvement depending on exercise and physical activity has been given attention as a safe and cost-effective way to alleviate chronic health conditions and related symptoms. However, there is not enough scientific evidence on how lifestyle improvement depending on exercise and physical activity positively affects physical and mental health. This Special Issue concentrates on exploring the role of lifestyle improvement depending on exercise and physical activity in preventing and treating chronic health conditions and delivering practical knowledge for all specialists who work for a healthy life expectancy increase.

---

### Guest Editor

Dr. Bokun Kim

Future Convergence Research Institute, Changwon National University,  
Changwon 51140, Republic of Korea

---

### Deadline for manuscript submissions

closed (31 January 2024)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/162798](https://mdpi.com/si/162798)

*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](mailto:ijerph@mdpi.com)

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

[ijerph](https://www.ijerph.com)





# 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)