

## Special Issue

# Physical Activity, Health and Well-Being Review

### Message from the Guest Editors

In order to promote higher levels of adherence to regular PA and exercise to improve the general population's health and well-being, a comprehensive and socially relevant research approach is needed to establish a stronger link between people's needs, policymakers, and exercise and health professionals. The use of advanced research methods such as intervention studies, randomized controlled trials, meta-analyses, and other innovative technologies to assess the effects of PA and exercise as an intervention tool for both primary and secondary health prevention are welcome. Papers addressing these topics are invited for this Special Issue, especially those combining high academic standards with relevant community exercise intervention proposals.

### Guest Editors

Dr. José Pedro Leitão Ferreira

Sport and Physical Activity Research Center, University of Coimbra,  
3040-248 Coimbra, Portugal

Dr. Hugo Miguel Borges Sarmento

Research Unit for Sport and Physical Activity (CIDAF), Faculty of Sport  
Sciences and Physical Education, University of Coimbra, 3004-504  
Coimbra, Portugal

### Deadline for manuscript submissions

closed (15 June 2023)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/100645](https://mdpi.com/si/100645)

*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/  
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)