

## Special Issue

# The Impact of Physical Activity on Mental Health and Well-Being

### Message from the Guest Editor

Physical activity, encompassing a wide range of bodily movements, has emerged as a potent non-pharmacological intervention for enhancing mental health and overall wellbeing across the lifespan. Scientific evidence robustly demonstrates that regular engagement in physical activity triggers a cascade of physiological and neurobiological changes that positively influence our mood, cognition, and stress regulation. These benefits are mediated through various mechanisms, including the release of endorphins, modulation of the hypothalamic–pituitary–adrenal (HPA) axis, promotion of neurogenesis, and improvements in sleep quality. Furthermore, physical activity provides opportunities for social interaction and a sense of accomplishment, contributing to enhanced self-esteem and reduced feelings of isolation. This interdisciplinary field of research, the focus of this Special Issue, continues to explore the optimal types, intensities, and durations of physical activity for specific mental health conditions and populations, highlighting its significant potential as a preventative and therapeutic strategy.

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### Deadline for manuscript submissions

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### 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.

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