

## Special Issue

# Improving People's Functional Capacity and Quality of Life through Physical Exercise

### Message from the Guest Editors

This Special Issue of the *International Journal of Environmental Research and Public Health* (IJERPH) focuses on the current state of knowledge on physical activity and exercise programs providing benefits on the physical function and quality of life of a broad range of populations, from infants to seniors, but with high interest on aging population (healthy, frail or non-frail older adults) and population with non-communicable disease such as chronic pain, cancer, osteoporosis, osteoarthritis, cardiovascular or metabolic pathologies, etc. Papers addressing these topics are invited for this Special Issue. New research papers, reviews, case reports and conference papers are welcome to this issue. Other manuscript types accepted include methodological papers, position papers, brief reports, and commentaries.

### Guest Editors

Dr. Pedro Gargallo

1. Department of Physiotherapy, Faculty of Medicine and Health Sciences, Catholic University of Valencia, 46001 Valencia, Spain
2. Neuromuscular Physiotherapy, Pain and Therapeutic Exercise Research Group, Catholic University of Valencia, 46900 Torrente, Spain

Dr. Juan Vicente Mampel

1. Department of Physiotherapy, Faculty of Medicine and Health Sciences, Catholic University of Valencia, 46001 Valencia, Spain
2. Neuromuscular Physiotherapy, Pain and Therapeutic Exercise Research Group, Catholic University of Valencia, 46900 Torrente, Spain

### 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/147259](https://mdpi.com/si/147259)

*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 R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens  
University Australia, Adelaide 5000, 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)