

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

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

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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

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