

Special Issue

Physical Activity Interventions Among Older Adults: Health and Functional Outcomes

Message from the Guest Editors

The effects of an inactive lifestyle among older adults have resulted in higher rates of NCDs, along with declines in functional and mental health. The current body of global evidence demonstrates that regular physical activity across the lifecycle protects against many NCDs and enhances functional health, mental health, and health-related quality of life (HRQOL). Presently, there is an acute need to systematically identify effective physical activity intervention strategies at the clinical and community level that address the health-promoting components of physical activity among older adults, which includes cardiorespiratory, strength, flexibility, balance, and HRQOL benefits. However, such intervention strategies need to be more fully integrated into health promotion and community planning policies, along with comprehensive and sociocultural relevant approaches that are better aligned with the needs of older residents. Manuscripts addressing these topics are invited to be submitted to this Special Issue, especially those combining investigative rigor with a practical focus on providing optimal physical activity and public health solutions among older adults.

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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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