

Special Issue

The Role of Physical Activity in Falls and Injury Prevention Among Older Adults

Message from the Guest Editors

This Special Issue invites research on diverse approaches to incorporating physical activity into the lives of older adults, examining specific interventions, the impact of various exercise types, and how these contribute to reducing fall risk and associated injuries. Papers on barriers to physical activity, strategies to enhance participation, and outcomes related to physical, psychological, and social health are also welcome.

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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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