

Special Issue

Women's Health: Physical Activity, Stress, Sleep and Quality of Life

Message from the Guest Editors

The purpose of this research collection is to add to the current knowledge on:

- Women's physical activity level
- ways of motivating to increase physical activity in women
- stress-relief therapy
- stress-related eating and obesity
- insomnia in women
- quality of life at every stage of women's life.

Guest Editors

Dr. Dąbrowska-Galas Magdalena

Department of Kinesitherapy and Special Methods, School of Health Sciences in Katowice, Medical University of Silesia, 40-752 Katowice, Poland

Dr. Kuba Ptaszkowski

Department of Obstetrics, Faculty of Health Science, Wrocław Medical University, K. Bartla 5, 51-618 Wrocław, Poland

Deadline for manuscript submissions

closed (7 July 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/104054

*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

[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 B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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, CAPus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)