

Special Issue

The Role of Physical Activity in Health Promotion

Message from the Guest Editor

Physical activity refers to all movement, including during leisure time, for transport, or as part of work. Regular physical activity helps promote physical and mental health. Increased levels of physical inactivity or sedentary behaviors negatively impact physical and mental health, and they also burden the health system. For people after injury, surgery, disease, or illness, or because their functioning has declined with age, rehabilitation and maintaining an active physical activity pattern instead of a sedentary lifestyle helps them promote health-related quality of life and enables them to be more independent and better participate in education, work and recreation in their daily life. In addition, innovative strategies through wearable technology and mobile health technologies to promote physical activity are also imperatively required and recommended nowadays. Below are some examples of topics fitting the scope of this Special Issue: Spatial distribution of physical activity; Factors involved in the practice of physical activity; The effect of physical activity on human health; The effect of rehabilitation on disabilities' health.

Guest Editor

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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

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