

## Special Issue

# Exercise Is Medicine: Physical Activity and Exercise in People Living with Long-Term Conditions

### Message from the Guest Editor

Physical inactivity has become one of the greatest public health problems of our time and people living with long-term conditions are at an even greater risk. For many conditions, physical activity and exercise training may be as effective as pharmacological therapy, provide wider reaching benefits to both physical and psychosocial health, and have the potential to reduce the significant and growing costs to healthcare. This Special Issue is open to any subject area related to physical activity (interventions or evaluation) or exercise (training or testing) for children, adolescents and adults living with long-term conditions. We are particularly interested in large, randomised controlled trials measuring the effectiveness and/or cost-effectiveness of physical activity or exercise training strategies, however any work which aims to drive policy change and impact clinical practice is welcome, including earlier-stage work and contemporary reviews. We particularly welcome contributions featuring under-represented or under-researched populations. All submitted manuscripts will go through a rigorous peer review process.

### Guest Editor

Dr. Zoe Saynor

School of Sport, Health and Exercise Science, Faculty of Science and Health, University of Portsmouth, Portsmouth PO1 2ER, UK

### Deadline for manuscript submissions

closed (31 December 2023)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/98360](https://mdpi.com/si/98360)

*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](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://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, CAPlus / SciFinder, and other databases.

#### Journal Rank:

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