

Special Issue

Exercise and Chronic Disease

Message from the Guest Editor

Exercise is an important factor in maintaining health and wellness. Exercise has been demonstrated to help prevent chronic disease, treat symptoms associated with chronic disease, and in some cases help treat chronic disease itself (i.e., the use of “exercise as medicine”). However, disease-specific effects of exercise/the impact of exercise interventions is still an area that requires further research. A better understanding of what exercise prescriptions are best in various chronic diseases, and the effects of exercise on both physiological and psychosocial outcomes, is needed. We invite submissions that examine the effects of exercise or physical activity on health in chronic disease, in both pediatric and adult cohorts. This includes, but is not limited to, diabetes, cardiovascular disease, musculoskeletal and bone disease, obesity, rheumatological diseases, cancer, and other common or rare chronic diseases. Studies that examine how exercise can help prevent or treat chronic diseases and their outcomes (via exercise interventions, and cross-sectional or prospective evaluations) are welcome. Rigorous reviews of literature may also be considered.

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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