

Special Issue

Is Exercise the Best Medicine during the COVID-19 Pandemic? Latest Insights and Research Perspectives

Message from the Guest Editor

Highly contagious nature of COVID-19 has limited our ability to continue exercising indoors (i.e., in gyms and studios) or in group settings (i.e., team sport activities). Moreover, excessive and/or intense competitive exercise has been shown to negatively affect immune function, which may exacerbate infection, including with SARS-CoV-2. The question of whether exercise – particularly the resumption of competitive sports – is healthy during the COVID-19 pandemic remains a (hot) topic of contention and warrants further investigation. Thus, this Special Issue will address key issues surrounding: 1) the safety of sport as well as exercise during the current COVID-19 pandemic; 2) the utility of wearable technology and screening measures to predict and detect COVID-19 infection; and 3) the pandemic's effect on exercise habits, physical, mental, and metabolic health. Limited pilot data are welcome in this Special Issue, acknowledging the ongoing limitations of data collection on human subjects during intermittent COVID-19 lockdowns, mask usage, and social distancing restrictions.

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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