

Special Issue

Exercise Medicine in Health and Disease

Message from the Guest Editor

There is a growing body of literature that recognizes the importance of the beneficial effect of regular exercise based on advances in research at the molecular, cellular, and whole body levels. Exercise is one of the very prospective therapeutics for disease, contributing to the inhibition of epidemic and pathogenic diseases including hypertension, diabetes, cancer, aging, brain disorder, cardiovascular disease, and hepatic-related diseases in the world. However, physical inactivity and unbalanced dietary patterns result in increased exposure to a variety of diseases and weakness in exercise capacity, ultimately resulting in mortality. To prevent diseases and promote healthy lifestyle conditions, the World Health Organization recommends increased physical activity level, aerobic exercise and/or resistance exercise, and combination of aerobic exercise and resistance exercise in the 21st century. Therefore, the aim of this Special Issue is to collect novel findings in the field of exercise medicine in health and disease.

Guest Editor

Dr. Dae Yun Seo

Basic Research Laboratory, Department of Physiology, College of Medicine, Smart Marine Therapeutic Center, Cardiovascular and Metabolic Disease Center, Inje University, Busan 47392, Republic of Korea

Deadline for manuscript submissions

closed (15 January 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/38712

*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/](https://mdpi.com/journal/ijerph)

[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, CAPlus / SciFinder, and other databases.

Journal Rank:

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