

Special Issue

Psychosocial and Motivational Aspects of Exercising Outdoors

Message from the Guest Editors

In the world today, more people are struggling with depression and decreased mental wellness, while levels of physical activity continue to decline. There is evidence to show that simply spending time outdoors can improve individuals' overall mental wellbeing; however, combining exercising with being outdoors can improve physical activity levels while simultaneously decreasing levels of depression and anxiety, as well as potentially improving self-confidence. It is also extremely important to target the youth population for improving mental wellness and exercise enjoyment, as the habits built during childhood and adolescence will carry over into adulthood. In particular, engaging both children and adults in outdoor adventure sports, such as mountain biking, rock climbing, or hiking, may improve their love for exercise, as well as for nature and the outdoors. Manuscripts addressing these topics are invited for this Special Issue, especially those involving the youth, outdoor adventure sports, and improving exercise enjoyment and mental wellness through outdoor exercise.

Guest Editors

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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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