

Special Issue

New Perspectives in the Analysis of Healthy Lifestyles with Special Focus on Physical Activity

Message from the Guest Editors

A healthy lifestyle involves the acquisition and maintenance of habits that promote people's health, such as having appropriate eating habits, healthy resting habits, avoiding stress and the consumption of tobacco, alcohol, and other drugs, in addition to the regular practice of physical activity. It is very important that adherence to habits that configure healthy lifestyles be adopted from an early age to avoid premature morbidity, as well as to alleviate other diseases associated with unhealthy lifestyles. In order to highlight the importance of physical activity, which we consider to be one of the factors crucial to the development of healthy lifestyles as it is associated with positive behaviors that are part of such lifestyles, we are interested in research aimed at the analysis and development of strategies to encourage the practice of regular physical activity to support the promotion of healthy behavior patterns. Also, we intend to publish studies that analyze and demonstrate the importance of maintaining a healthy lifestyle in order to improve quality of life.

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Deadline for manuscript submissions

closed (30 September 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/76602

*International Journal of
Environmental Research and
Public Health*

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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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