

## Special Issue

# Using Non-exercise Physical Activity to Reduce Sedentariness in Occupational Work

### Message from the Guest Editors

This Special Issue focuses on behaviour change intervention strategies designed to improve health during the workday using the ethos of a 'move more sit less' approach, including:

- novel strategies for the inclusion of NEPA into occupational settings,
- the use of disruptive technology to achieve health outcomes through occupational settings,
- the evaluation (qualitative, mixed, and quantitative) of treatment processes including outcomes associated with adherence, compliance, psychological, sociological, and physiological outcomes,
- alternatives to traditional voluntary strategies for recruitment and participation, including passive, reinforcement techniques, and gamification, and
- promising digital solutions and/or intervention approaches for re-introducing low-intensity movement back into the workday.

Scope: Articles will be considered for this Special Issue, which focus on interventions designed to increase low-intensity movement at work. Editors will consider articles that have a theoretical perspective associated with activity-based intervention strategies in occupational settings.

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### Guest Editors

Dr. Dean Cooley  
Dr. Casey P. Mainsbridge  
Dr. Scott J. Pedersen

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### Deadline for manuscript submissions

closed (1 June 2021)



## International Journal of Environmental Research and Public Health

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CiteScore 9.8  
Indexed in PubMed



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Environmental Research and  
Public Health*  
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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.

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### Editor-in-Chief

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