

Special Issue

Physical Activity, Exercise on Chronic Disease Prevention and Human Health

Message from the Guest Editor

Physical inactivity is known to be associated with increased morbidity and mortality in the general population. The COVID-19 pandemic resulted in the implementation of restrictive measures to reduce social contact and virus spread, which prevented a large portion of the population from taking part in physical activities outside of their homes. Physical activity and exercise help to prevent lifestyle-related diseases, also known as chronic diseases, such as cardiovascular disease, metabolic diseases, many types of cancer, as well as dementia and depression, and contributes to improving our overall health and physical fitness, and consequently, quality of life. This Special Issue focuses on the effects of physical activity and exercise on chronic disease prevention and health promotion in people. The primary topics that are covered by this Special Issue include but are not limited to the prevention and management of chronic diseases, such as cardiovascular diseases, metabolic diseases, and several cancers. Papers focusing on physical activity and exercise-related women's health, mental health, brain health (e.g., cognitive function), and/or muscle health are also welcome.

Guest Editor

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Deadline for manuscript submissions

closed (31 December 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
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CiteScore 8.5
Indexed in PubMed



mdpi.com/si/108910

*International Journal of
Environmental Research and
Public Health*

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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 R. Ward

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