

Special Issue

New Trend of Physical Activity and Exercise for Health Promotion and Functional Ability

Message from the Guest Editors

Physical activity and exercise are undoubtedly known to be very effective tools in health promotion and functional ability. However, traditional aerobic physical activity and exercise with moderate intensity are the most used for health promotion and functional ability improvement, however, physical activity and exercise modality has been changed into various and new trend according to individual characteristics and goals. This Special Issue offers an opportunity to publish high-quality, multi-disciplinary research relating to new trend of physical activity and exercise for health promotion and functional ability. We are particularly interested in the study of various physical activities and exercise modalities that are newly applied today. We also welcome papers investigating physical activity, health, and functional profiles via exercise intervention with new and various exercise modality. Manuscripts utilising any method are welcome (e.g. epidemiology, evaluation of interventions, reviews, or those of a qualitative nature).

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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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