

## Special Issue

# Physical Activity, Physical Fitness, and Exercise Interventions for Preserving Human Health and Preventing and Treating Chronic Conditions across the Lifespan

### Message from the Guest Editor

Increasing physical activity levels globally is one of the most important public health goals for the 21st century. Physically active individuals present better sleep patterns, well being and quality of life, as well as better physical function and fitness levels. In addition, physical activity might stimulate brain function and improve both cognition and mental health. The risk of many chronic diseases is also reduced in physically active individuals, and physical activity might counteract the detrimental metabolic effects of long periods of sedentarism. Physical fitness is a key marker of health not only in healthy individuals but in people with chronic conditions. Exercise interventions represent the most efficient form of physical activity to enhance physical fitness and improve health outcomes at all ages and chronic statuses. This Special Issue focuses on the influence of fitness and physical activity and the effects of exercise interventions, on human health- and disease-related outcomes. Best regards,

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### Guest Editor

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## International Journal of 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.

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### Editor-in-Chief

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