

Special Issue

Physical Activity and Healthy Lifestyle

Message from the Guest Editors

In recent decades, there has been increasing concern related to lack of physical activity and increase of sedentary time. Because of an insufficient amount of physical activity, incidence of several chronic diseases can follow. These include more than 25 chronic conditions, including cardiovascular disease, diabetes mellitus, depression, and several cancers. In addition, lack of physical activity is a predictor of obesity and overweight. In recent decades, there has been a rise in body mass index (BMI) levels worldwide. Physical activity is one of the big four health habits, with the other three being smoking, drinking, and fruit and vegetables consumption. Associations of physical activity and health habits are often studied, but more research is needed to understand the difference between health habits and how these health habits cluster together. This Special Issue seeks papers on physical activity and its links with other health habits and well-being.

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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.

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