

## Special Issue

# Physical Activity Interventions for Healthy Ageing and Fall Prevention

### Message from the Guest Editors

Aging plays an important role in the alterations observed in elderly organisms, but we do not know in what proportion, since inactivity is a fact consubstantial with aging. Over the years, physical activity not only decreases in intensity but also in duration, which translates into increasing difficulty in coping with daily tasks and, ultimately, a deterioration in quality of life.

This Special Issue aims to highlight the latest evidence on the potential health benefits of physical activity in the elderly population, and encourages submissions of original articles, reviews and short communications that specifically address physical activity and/or the underlying causes and mechanisms of the prevention of falls in this population. Due to the breadth of the topic, contributions from many disciplines such as epidemiology, biomechanics, physiology, psychology and social sciences are expected. Contributions on these topics are welcome, particularly those that combine high academic standards with a sound approach to addressing the physical activity needs of older people.

---

### Guest Editors

Dr. Salvador Romero-Arenas

Faculty of Sport, Catholic University of Murcia (UCAM), 30107 Murcia, Spain

Dr. Fernanda Borges-Silva

Faculty of Sport, Catholic University of Murcia (UCAM), 30107 Murcia, Spain

---

### Deadline for manuscript submissions

closed (31 December 2024)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/125835](https://mdpi.com/si/125835)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## 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

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)