

Special Issue

Physical Exercise and Chronic Diseases Prevention

Message from the Guest Editors

As such physical activity and exercise are crucial in the management of chronic diseases and fulfills various important tasks: (1) it increases subjective health, wellbeing and quality of life regardless of changes in disease severity; (2) it can be part of the medical treatment regime, especially in diseases where lack of physical activity has contributed to the development of the disease; (3) in those chronic diseases physical activity can prevent the progression of the diseases and the development of disease complications; (4) in patients with chronic diseases physical exercise can contribute to the prevention of secondary comorbidities which could worsen various outcomes in the course of the primary chronic disease; (5) finally, physical activity is important to maintain and improve physical function, physical performance, workability and reduce physical symptoms (e.g. pain) in patients with chronic disease, as well as having a beneficial effect on their mental 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.

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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