

Special Issue

Physical Activity and Exercise for Cardiovascular Health

Message from the Guest Editors

Physical activity and exercise are the main components of cardiovascular disease prevention and health promotion. To improve public health and combat noncommunicable diseases, regular physical activity should be promoted and implemented from early childhood. Other efforts should be directed at finding efficient ways to sustain physical activity and limit sedentary lifestyle across the lifespan. A safe environment for most active individuals, including competitive athletes, through preparticipation screening and periodic monitoring, should also be provided. These tasks require a cross-disciplinary approach combining data from epidemiological studies, new technological discoveries, and basic or clinical research on physical activity and cardiology. All research related to the described area, including systematic reviews and meta-analyses, original research, or short communications on important basic science and clinical findings, expert opinions, as well as comprehensive case reports are highly welcomed for submission.

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Deadline for manuscript submissions

closed (30 November 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 9.8
Indexed in PubMed



mdpi.com/si/67676

*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.

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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