

Special Issue

Physical Activity and Exercise Programs in Older Adults

Message from the Guest Editors

Clinical guidelines recommend that adults of all ages undertake at least 150 minutes of moderate to vigorous activity per week, and also strength and balance exercises on two occasions per week. However, the amount that people are active reduces with age. Scope: Studies of interventions or public health approaches to promote the uptake and/or maintenance of physical activity in older adults and analyses of the impact on physical activity levels, physical and mental health, and care outcomes are in scope. Studies can be in any setting (e.g., community, care homes, etc.), be of the general population or specific health populations (e.g., people with dementia), and any type of physical activity (e.g., structured exercise, activities of daily living such as gardening, strength and balance exercise, or sport). Aims: To inform public health approaches to increasing physical activity in older adults and report on the impact that increasing physical activity has on health and wellbeing.

Guest Editors

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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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