



Physical Activity for Health

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Deadline for manuscript
submissions:

closed (30 September 2021)

Message from the Guest Editors

Physical inactivity and sedentary lifestyles are becoming an epidemic across the world as physical inactivity is the fourth leading cause of death worldwide. Physical activity can be implemented to improve many health benefits and improve quality of life in many populations. It only takes a small amount of regular physical activity to improve health, especially for those who are least active. Therefore, moving more and sitting less helps to promote health. The ACSM guidelines have recently been updated, showing that a small amount of physical activity can improve health, although to gain the most health benefits 150 minutes of moderate or 75 minutes of vigorous activity a week is prescribed. In recent years the importance of physical activity for different health conditions has been emerging, but much more research is needed to be able to prescribe the duration and intensity of activity for these different populations. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on promoting physical activity to improve health and well-being.





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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. Discovery and advances in this research field play a critical role in providing a scientific basis for 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, open access journal.

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