



Interventions to Promote Physical Activity and Healthy Ageing

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Deadline for manuscript
submissions:

closed (31 December 2023)

Message from the Guest Editors

Healthy Ageing not only identifies the importance of regular physical activity for the maintenance of good health in mid life, but also how keeping active in mid-life is important in maintaining independence and quality of life as people get older. Global physical activity guidelines highlight the benefits and the importance of helping adults to adopt and maintain regular physical activity participation throughout the lifecourse. With those thoughts in mind, this special issue welcomes submissions that report both the impact and implementation of physical activity intervention on adults and older adults. We encourage original studies investigating the impact of innovative physical activity programmes, as well as those studies that explore the key implementation considerations when delivering interventions, including what worked, as well as what worked less well and why. Further, we welcome submissions that report on the activities that were undertaken to engage adults and older adults in dialogue around their physical activity preferences and needs and how these were met in the intervention design and delivery phase.





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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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