



Exercise and Physical Fitness

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Message from the Guest Editor

Participation in physical activities and exercise on a regular basis is known to be associated with health-related benefits, such as increased physical fitness levels and cardiometabolic health in people both with and without disabilities. Furthermore, an increased level of physical fitness through regular physical activity has beneficial effects for improving psychological well-being and for the prevention of chronic diseases such as obesity, diabetes, and cardiovascular diseases for all age groups. In conclusion, physical fitness levels and regular exercise participation are closely related to the quality of life, mental health, and prevention of chronic diseases. Therefore, the aim of this Special Issue is to examine the association between physical activity, exercise, and physical fitness effects on the health-related quality of life of the general population.





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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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