



Physical Activity and Health in Middle-Aged and Older Adults

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Message from the Guest Editors

Dear Colleagues,

Worldwide, 28% of adults do not meet global physical activity guidelines—almost a quarter of men and a third of women. Further, the proportion of adults meeting physical activity declines significantly with age. Physical activity has been shown to contribute to the prevention and management of various chronic diseases, for example, cardiovascular disease, some cancers, and diabetes, and it reduces depression and anxiety symptoms. It also plays a role in maintaining physical functioning and bone health, factors which become especially important with increasing age. With an ageing population, the benefits of physical activity for health, as well as disease prevention, may become even more important in the future.

This Special Issue welcomes original studies, systematic reviews, and meta-analyses in any subject area related to physical activity and its relationship with health outcomes in middle-aged and/or older adults. Studies using objective measures of physical activity and/or objective outcome measures, and interventions aiming to improve health through physical activity in these populations, are particularly encouraged.





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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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