



## Physical Exercise and Chronic Diseases Prevention

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### Message from the Guest Editors

Dear Colleagues,

As such physical activity and exercise are crucial in the management of chronic diseases and fulfills various important tasks: (1) it increases subjective health, wellbeing and quality of life regardless of changes in disease severity; (2) it can be part of the medical treatment regime, especially in diseases where lack of physical activity has contributed to the development of the disease; (3) in those chronic diseases physical activity can prevent the progression of the diseases and the development of disease complications; (4) in patients with chronic diseases physical exercise can contribute to the prevention of secondary comorbidities which could worsen various outcomes in the course of the primary chronic disease; (5) finally, physical activity is important to maintain and improve physical function, physical performance, workability and reduce physical symptoms (e.g. pain) in patients with chronic disease, as well as having a beneficial effect on their mental health.





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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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