



## Effect of Physical Activity on Human Fitness

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Deadline for manuscript  
submissions:

**closed (31 March 2024)**

### Message from the Guest Editors

Dear Colleagues,

Numerous studies have shown that physical activity is negatively correlated with several diseases, including cardiovascular diseases, diabetes, and mental illness. Thus, maintaining a certain level of daily physical activity can be beneficial for human health. Some studies have suggested that the same exercise can have different effects for different age groups and sexes. Physical activity is measured as a factor of multiple components, including frequency, duration, intensity, and duration, different combinations of which have different impacts on fitness. In this context, the research on physical activity is diverse. Although all these components have been investigated, the research is not comprehensive and requires further work. For this Special Issue, the “Effect of Physical Activity on Human Fitness”, we invite submissions related to this topic, particularly those combining innovative ideas, research designs, and approaches.





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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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