



Sweat It Out: The Health Benefits of Physical Activity and Exercise

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Message from the Guest Editors

Dear Colleagues,

The practice of daily physical activity and physical exercise is associated with numerous physiological, psychological, and social health benefits in the general population; however, the majority of the population do not meet the daily physical activity recommendations set by the World Health Organisation. It is therefore essential to develop strategies to make the general population more physically active in order to reduce sedentary time and maximize health benefits. Research is also needed on gender differences in daily physical activity.

This Special Issue is focused on the analysis of physical activity patterns and proposals of intervention in different populations:

- Physical exercise programmes.
- School-based interventions.
- Creation or modification of the environment in active spaces.
- Analysis of the differences in physical activity practice by gender and proposals for action.





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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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