



## Healthy Life: Sport, Medicine and Care

Guest Editors:

**Prof. Dr. Winfried E. Banzer**

Division of Preventive and Sports  
Medicine, Institute of  
Occupational, Social and  
Environmental Medicine, Goethe  
University Frankfurt, 60487  
Frankfurt, Germany

**Dr. Eszter Füzéki**

Division of Preventive and Sports  
Medicine, Institute of  
Occupational, Social and  
Environmental Medicine, Goethe  
University Frankfurt, Frankfurt,  
Germany

Deadline for manuscript  
submissions:  
**closed (31 August 2021)**

### Message from the Guest Editors

Dear Colleagues,

Insufficient physical activity is associated with an increased risk for chronic diseases with a high disease burden and contributes to frailty and loss of independence in old age. Thus, the incorporation of exercise as a preventative and therapeutic measure should be adopted in the health care setting. For this Special Issue, we are seeking research papers on the role of exercise and physical activity in medical care for individuals of all ages, both those in the general population and those in special disease populations. Possible endpoints can include disease-related objectives and patient-related outcomes. Papers on the implementation and evaluation of care concepts, including exercise, are also of interest.

Prof. Dr. Winfried E. Banzer

Dr. Eszter Füzéki

*Guest Editors*





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)