



Exercise and Chronic Disease

Guest Editor:

Dr. Sarah L. West

1 Department of Biology,
Trent/Fleming School of Nursing,
Trent University, LHS, D231, 1600
West Bank Drive, Peterborough,
ON K9L 0G2, Canada
2 Translational Medicine, The
Hospital for Sick Children,
Toronto, ON M5G 1X8, Canada

Deadline for manuscript
submissions:

closed (31 December 2021)

Message from the Guest Editor

Exercise is an important factor in maintaining health and wellness. Exercise has been demonstrated to help prevent chronic disease, treat symptoms associated with chronic disease, and in some cases help treat chronic disease itself (i.e., the use of “exercise as medicine”). However, disease-specific effects of exercise/the impact of exercise interventions is still an area that requires further research. A better understanding of what exercise prescriptions are best in various chronic diseases, and the effects of exercise on both physiological and psychosocial outcomes, is needed.

We invite submissions that examine the effects of exercise or physical activity on health in chronic disease, in both pediatric and adult cohorts. This includes, but is not limited to, diabetes, cardiovascular disease, musculoskeletal and bone disease, obesity, rheumatological diseases, cancer, and other common or rare chronic diseases. Studies that examine how exercise can help prevent or treat chronic diseases and their outcomes (via exercise interventions, and cross-sectional or prospective evaluations) are welcome. Rigorous reviews of literature may also be considered.





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

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)