



## **The Impacts of Physical Activity on Chronic Disease Prevention and Population Health**

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### **Message from the Guest Editor**

There is mounting evidence that physical activity can improve population health and reduce the risk of developing several chronic diseases. Physical activity and exercise can also have immediate and long-term health benefits. A minimum of 30 minutes a day can allow the population to enjoy these benefits. However, much more needs to be done for better understanding about the important contributing factors to physical activity as well as physical and biological mechanisms of linking physical activity to disease prevention and population health, and more importantly, what interventions can be effective for increasing the physical activity of the population. Articles that will stimulate the continuing efforts to understand the impacts of physical activity on chronic disease prevention and population health and their mechanisms, and also to help develop intervention strategies to increase physical activity and, ultimately, improve population health are welcome. Prof. Dr. Li Ming Wen

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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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