



Physical Activity: A Powerful Weapon to Public Health Strategy

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Message from the Guest Editors

Regular physical activity contributes to better performance in health profile and is important for human development throughout the entire lifespan. There is strong evidence for the beneficial effects of physical activity and individual prescription of exercise on health, in the areas of all-cause mortality and neurocognitive health. In addition to its beneficial effects, physical activity can also be associated with impaired mental health, such as “excessive exercise” and “overtraining syndrome”. This relationship can also translate the health status between exercise and mood, important for social demand and quality of life. Through the economic field, it is also well established that physical activity is the better intervention to be cost-effective in public health. For health-enhancing physical exercise must be controlled via all the insights of the methodology of training because physiological parameters change. In this case, the prescription should be adequate and appropriate to improve public health benefits taking to account the increase in physical activity.





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Message from the Editor-in-Chief

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