



The Impact of Exercise on the Mental Health and Quality of Life of People—the First Edition

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Message from the Guest Editors

Dear Colleagues,

This Special Issue aims to publish innovative studies (original investigations and review articles) that explore the relationship between physical activity, exercise, or sports participation and mindfulness interventions on the mental health and quality of life of specific populations. Studies many include the impact of the frequency, duration, or intensity of physical activity on outcomes such as depression, psychological distress, quality of life, or wellbeing. Additionally, studies of specific types of activity (e.g., yoga, hiking, swimming), exercise (e.g., cardiovascular, muscle strengthening), or sport (e.g., team sport, individual sport) and their relationship with mental health and wellbeing are welcome. Studies assessing the determinants of physical activity based on theoretical frameworks, which would inform targeted interventions, will also be eligible.

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Editor-in-Chief

Message from the Editor-in-Chief

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