



Promotion of Health and Exercise

Guest Editor:

Dr. Eric Sobolewski

Department of Health Sciences,
Furman University, Greenville,
SC, USA

Deadline for manuscript
submissions:

closed (31 January 2022)

Message from the Guest Editor

The year 2020 has taught us it that health is one of the most important aspects of our lives. Covid-19 demonstrated the need for a healthy population. As many governments around the world seek answers to current and future public health crises, we as health researchers know that prevention is key to avoiding illness, but also for overcoming it. We know the answers to many health questions that plague our society today, ranging from obesity and diabetes to cardio vascular disease, namely health and exercise; however the question for us is how do we promote it? The aim of this Special Issue is to seek an understanding of the effective promotion of health and exercise. We are looking for reviews, original research, and scholarly opinion pieces that address the issues of how to promote health and exercise in a wide range of topics. In this Issue, we strongly suggest authors take a stance of not merely stating the results and conclusions of their work, but also solutions to the problems they are addressing. We want this to be a Special Issue that not only promotes health and exercise, but also lays out a framework of how to achieve it.





an Open Access Journal by MDPI

Editor-in-Chief

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

Author Benefits

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

High Visibility: indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank: JCR - Q2 (*Health Care Sciences and Services*) / CiteScore - Q2 (*Leadership and Management*)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)