



Positive Effects of Leisure–Sports and Physical Activity on Public Health

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Message from the Guest Editor

The positive effects of regular leisure–sports and physical activity on public health have been studied for some time; however, further studies are still required, especially considering the depletion of health services in different parts of the world observed during the COVID-19 pandemic. In this way, observational articles, both transversal and longitudinal, will be welcome, as well intervention studies on the association of leisure–sports and physical activity on different public health indicators, both individual, such as cardiovascular health, metabolic health, mental health, and immunological health, as well as collective ones, such as health services and public policies for health promotion. It is noteworthy that systematic review articles with meta-analyses will also be accepted.





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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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