



Exercise and Physical Activity in Health Promotion

Guest Editor:

Dr. Leila Oja

National Institute for Health
Development, 11619 Tallinn,
Estonia

Deadline for manuscript
submissions:

closed (30 April 2024)

Message from the Guest Editor

In this Special Issue, both scientific research and practical approaches are expected, which is to introduce exercise and physical activity related to health promotion in all population subgroups. All types of manuscripts are appreciated, especially those regarding the following areas but are not limited to:

- individual or group-adapted physical activity and exercise programs related to health promotion,
- intervention approaches to incorporate physical activity into daily routines,
- environmental conditions, skills, and social support, to promote changes in health behavior,
- health promotion focused on reducing sedentary lifestyles,
- work-related health promotion and coaching in physical activities,
- physical activity strategies and specifics of physical activity and movement for health promotion of people in different population groups of children, youth, and adults.

In addition, population-based trends in physical activity and/or changes in active lifestyles are welcome.





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Prof. Dr. Paul B. Tchounwou

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Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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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Health* Editorial Office
MDPI, St. Alban-Anlage 66
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