



## Aging, Physical Activity, and Health

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### Message from the Guest Editors

The global proportion of older people is rapidly growing. Physical activity is an established strategy for preserving function and encouraging mobility across the lifespan. According to the World Health Organization (WHO) 2020 guidelines on physical activity and sedentary behavior, “older adults should do at least 150 minutes of moderate-intensity aerobic physical activity, and functional balance and strength training on 3 or more days per week, for substantial health benefits”. However, many older people do not meet the guidelines and have a sedentary lifestyle. Lack of physical activity may lead to mobility disability, deconditioning, and an increased risk of falls.

Over the past decades, researchers and practitioners in this field have been looking at the positive effects of physical activity on health. However, since many older people are physically inactive, more evidence-based research is needed to guide the promotion of physical activity programs for older people with varying interests and physical and cognitive capacities.





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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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