



Athlete's Health and Safety

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Message from the Guest Editors

Dear Colleagues,

The beneficial effects of physical exercise and sport both on a physiological and psychological level are well known and have shown great evolution in the last 50 years. The practice of vigorous physical exercise has beneficial effects on different pathologies such as obesity, hypertension, diabetes, respiratory diseases, cancer, etc. In addition, sports practice is negatively related to aspects that are detrimental to health, such as alcohol consumption, tobacco consumption or consumption of ultra-processed foods. The field of physical exercise is constantly evolving, whether with new training methods, with new supplements that improve health and performance, or with new technologies that improve the sports results of athletes. On the other hand, the sports safety section is showing great progress, since science and innovation in materials allow the creation of increasingly effective, safe and sophisticated sports equipment. Potential topics include, but are not limited to: Health and sport Physical exercise Sport Sports safety Sports equipments Performance Fitness Sports supplementation





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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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