



Benefits of Exercise on Mental and Physical Health

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Deadline for manuscript
submissions:

closed (30 June 2023)

Message from the Guest Editor

Exercise is the most transformative thing that can be done for the brain. A single workout is capable of immediately increasing levels of neurotransmitters like dopamine, serotonin, and noradrenaline. As a result, being physically active must be more than a *motto*, since it does not only fulfill the WHO definition of health & well-being, but it also offers protection and cure against a variety of modern-day chronic diseases. If science granted longevity for the humankind, the due toll may be represented by the quality of life. Exercise emerges as the most convenient and potent forefront to abate the burden associated with the modern detrimental lifestyle.

The present Special Issue aims at exploring the extraordinarily beneficial actions enabled by exercise, including novel explanations that are gaining *momentum* in the current literature. Focus will be on how physical exercise might exert a number of benefits for physical and mental health. Topics dealing with energy metabolism, immunodulation, psychological determinants, or neuromodulation, are welcome.





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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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