



Physical Activity for Special Populations

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Deadline for manuscript
submissions:

closed (30 April 2023)

Message from the Guest Editors

Special populations are exposed to a higher risk of being excluded from social participation and, in particular, from regular physical activity (PA) opportunities. It is noteworthy to mention that PA represents an outstanding occasion, both for social inclusion and for the promotion of health and well-being, which can prevent and control non-communicable diseases and, to a broader extent, reduce all-cause mortality. However, barriers to participation in PA may threaten the possibility of special populations to meet the current PA recommendations and prevent them from benefitting from positive health-related outcomes. Therefore, the promotion of PA in special populations is of utmost importance considering the economic burden of non-communicable diseases on national health-care systems.

This Special Issue of the *International Journal of Environmental Research and Public Health* focuses on PA in special populations and, in particular, welcomes original research and reviews which offer insight into the amount and quality of PA, as well as novel interventions to increase the amount of PA or the quality of life in this population.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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