



Physical Fitness in an Aged Population

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Message from the Guest Editor

Human aging is a universal and inevitable phenomenon. The average life expectancy has improved in the last century. Currently, about 7% of the world's population is 65 years of age and older. In developed countries, this percentage is even higher (15%) and continues to grow. The aging of the human being is associated with physical and cognitive involution, which generates functional implications, reducing the speed of walking, increasing the risk of falls, and causing a progressive reduction in the ability to carry out the activities of daily life.

This Special Issue of the International Journal of Environmental Research and Public Health (IJERPH) focuses on the current state of the analysis on the effects generated by different physical exercise proposals on the physical fitness of older adults, as well as on the different tools used in its measurement. New research papers, reviews, case reports, and conference articles are welcome in this Issue. Articles on new approaches to promoting physical exercise in older adults are also welcome. Other types of accepted manuscripts include methodological articles, position articles, short reports, and commentaries.





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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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