



## Resistance Exercise/Training to Improve Physical Fitness and Health

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### Message from the Guest Editor

This Special Issue will focus on the effects of resistance training on muscle strength and its correlation with physical fitness and health parameters. Additionally, emphasis will be placed on a clear description of the resistance exercises in order to offer practical implications for training purposes. Take-home messages are welcome to provide both trainers and practitioners with the possibility of improving physical fitness and health through the choice of appropriate resistance exercises and training protocols.





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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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