Women's Health: Physical Activity, Stress, Sleep and Quality of Life

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Deadline for manuscript submissions:
closed (7 July 2023)

Message from the Guest Editors

The purpose of this research collection is to add to the current knowledge on:

- Women's physical activity level
- ways of motivating to increase physical activity in women
- stress-relief therapy
- stress-related eating and obesity
- insomnia in women
- quality of life at every stage of women's life.

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Special Issue

Editor-in-Chief

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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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