



## Exercise Is Medicine: Physical Activity and Exercise in People Living with Long-Term Conditions

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (31 December 2023)**

### Message from the Guest Editor

Physical inactivity has become one of the greatest public health problems of our time and people living with long-term conditions are at an even greater risk. For many conditions, physical activity and exercise training may be as effective as pharmacological therapy, provide wider reaching benefits to both physical and psychosocial health, and have the potential to reduce the significant and growing costs to healthcare.

This Special Issue is open to any subject area related to physical activity (interventions or evaluation) or exercise (training or testing) for children, adolescents and adults living with long-term conditions. We are particularly interested in large, randomised controlled trials measuring the effectiveness and/or cost-effectiveness of physical activity or exercise training strategies, however any work which aims to drive policy change and impact clinical practice is welcome, including earlier-stage work and contemporary reviews. We particularly welcome contributions featuring under-represented or under-researched populations. All submitted manuscripts will go through a rigorous peer review process.





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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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