



Advances in Exercise and Environmental Physiology

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Message from the Guest Editors

Dear Colleagues,

The acute and lasting responses to exercise and changes in environmental conditions, such as temperature and altitude, provide valuable insights that further our understanding of physiological adaptation. Owing to recent theoretical and technological advances, exercise and environmental physiology have received wide attention from athletes, coaches, practitioners, as well as medical professionals. Innovative training modalities, conditioning, and warm-up or recovery strategies not only improve athletic performance but also prevent the occurrence of injuries. Furthermore, effective and safe exercise training programs are applied to individuals with various chronic diseases or risks. This Special Issue of the *International Journal of Environmental Research and Public Health* aims to collect a broad and multidisciplinary discussion on up-to-date advances that include exercise physiology, environmental physiology, athletic performance, sports medicine, etc. A special emphasis will be placed on articles that apply new and innovative efforts in these areas.





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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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