



Exercise and Health-Related Quality of Life

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Message from the Guest Editors

Quality of life is considered a key factor in the physical, mental and spiritual well-being of the population. However, the high workloads imposed on society in modern times and day-to-day commitments can negatively influence the attainment of such aims. In addition, unexpected factors have significantly impaired the population's quality of life. Over the pandemic, children, adolescents, adults and the elderly have experienced a worse quality of life, which is linked to increases in episodes of anxiety and depression, the consumption of high-energy foods and sedentary behavior. In this context, physical activity has been discussed in the literature as one of society's most important tools, as it has the capacity to improve the population-wide quality of life, an important modifiable risk factor. Among the different types of physical activity, one of the most recommended is physical exercise, which can be carried out systematically during a normal week. Therefore, this Special Issue invites the submission of scientific articles assessing the relationship or effect of physical exercise on the health-related quality of life among different populations worldwide.





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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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