



## Exercise, Sport, and Leisure Behaviors in Older Adults

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### Message from the Guest Editors

The effect of ageing is resulting in chronic diseases, functional dependence and frailty increasing the risk of hospitalization and mortality and generating significant economic cost for health systems. There is an emerging concept regarding the importance of seniors maintaining a healthy lifestyle in their leisure and free time. In fact, exercise guidelines for older adults actually includes being physically active every day, reducing the time spent sitting or lying down. Moreover, moderate or high-intensity aerobic activities, or activities that improve strength, balance and flexibility should be achieved. This special issue of International Journal of Environmental Research and Public Health (IJERPH) focuses on the current state of knowledge on the links between the practice of physical exercise in older people in their leisure time and the benefits it brings to their physical, social and mental health. Authors are invited to submit papers on this topic in this special issue, especially those that combine high methodological quality with a practical approach to provide optimal solutions for improving physical exercise programs in the elderly.





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## 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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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