



The Health Outcomes of High-Intensity Interval Exercise and Training

Guest Editor:

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Message from the Guest Editor

High-Intensity Interval Training (HIIT) is considered an exercise characterized by short periods of vigorous activity, interspersed with periods of rest or low-intensity exercise for recovery. HIIT can be regarded as a powerful stimulant to induce physiological and metabolic changes similar or even greater to traditional endurance training despite a significantly lower total volume of exercise and duration of training.

This special issue of the International Journal of Environmental Research and Public Health focuses on the current state of knowledge on the links between high-intensity intermittent exercise or training and human health. New research papers, journals, and case reports are welcome. For this volume, we are seeking articles evaluating the effect of exercise (acute effect) or high-intensity interval training (chronic effect) on brain, metabolic or cardiovascular health in children, adults, or the elderly with or without chronic pathologies.





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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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