



Psychosocial and Motivational Aspects of Exercising Outdoors

Guest Editors:

Dr. Kayla Baker

Faculty of Exercise Science,
Department of Kinesiology,
Recreation, and Sport, Western
Kentucky University, 1906 College
Heights Blvd, Bowling Green, KY
42101, USA

Dr. Mark Schafer

Faculty of Exercise Science,
Department of Kinesiology,
Recreation, and Sport, Western
Kentucky University, 1906 College
Heights Blvd, Bowling Green, KY
42101, USA

Deadline for manuscript
submissions:

closed (31 March 2022)

Message from the Guest Editors

Dear Colleagues,

In the world today, more people are struggling with depression and decreased mental wellness, while levels of physical activity continue to decline. There is evidence to show that simply spending time outdoors can improve individuals' overall mental wellbeing; however, combining exercising with being outdoors can improve physical activity levels while simultaneously decreasing levels of depression and anxiety, as well as potentially improving self-confidence. It is also extremely important to target the youth population for improving mental wellness and exercise enjoyment, as the habits built during childhood and adolescence will carry over into adulthood. In particular, engaging both children and adults in outdoor adventure sports, such as mountain biking, rock climbing, or hiking, may improve their love for exercise, as well as for nature and the outdoors. Manuscripts addressing these topics are invited for this Special Issue, especially those involving the youth, outdoor adventure sports, and improving exercise enjoyment and mental wellness through outdoor exercise.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI