



## Physical Activity as a Means to Promote Health and Wellbeing

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submissions:

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### Message from the Guest Editors

Dear Colleagues,

In recent years, there has been a great influx in scientific publications focusing on the relationship between physical activity/exercise, health and well-being. Clear evidence shows that physical activity is essential for the prevention/treatment of various pathologies.

In fact, it has been shown that physical activity plays a fundamental role in the prevention of the appearance and in controlling the progression of various diseases. Therefore, it has a great impact on society in terms of the overall health and well-being of the population for all ages and, consequently, has a positive economic impact on public health services in various countries.

For these reasons, many research projects continue to explore this topic.





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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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