



## Physical Activity, Exercise on Chronic Disease Prevention and Human Health

Guest Editor:

**Prof. Dr. Takanobu Okamoto**

Department of Exercise  
Physiology, Nippon Sport  
Science University, Tokyo 158-  
8508, Japan

Deadline for manuscript  
submissions:

**31 December 2024**

### Message from the Guest Editor

Physical inactivity is known to be associated with increased morbidity and mortality in the general population. The COVID-19 pandemic resulted in the implementation of restrictive measures to reduce social contact and virus spread, which prevented a large portion of the population from taking part in physical activities outside of their homes. Physical activity and exercise help to prevent lifestyle-related diseases, also known as chronic diseases, such as cardiovascular disease, metabolic diseases, many types of cancer, as well as dementia and depression, and contributes to improving our overall health and physical fitness, and consequently, quality of life. This Special Issue focuses on the effects of physical activity and exercise on chronic disease prevention and health promotion in people. The primary topics that are covered by this Special Issue include but are not limited to the prevention and management of chronic diseases, such as cardiovascular diseases, metabolic diseases, and several cancers. Papers focusing on physical activity and exercise-related women's health, mental health, brain health (e.g., cognitive function), and/or muscle health are also welcome.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**  
RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard N. Dixon  
Research Center, Morgan State  
University, 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, CAPlus / 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