



## **Physical Activity and Health: Real-time Remote Exercise Coaching for Persons with Chronic Disease**

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submissions:

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### **Message from the Guest Editors**

This Special Issue of the *IJERPH* focuses on the current state of knowledge on the application of real-time, remote exercise coaching for persons with a chronic disease. This issue provides an interdisciplinary platform to showcase research exploring current trends in the remote delivery of physical activity/exercise programming, factors influencing participation in remote programming, innovative and sustainable remote interventions, and reviews synthesizing evidence on the nature and effectiveness of remote exercise interventions for persons with chronic disease. We invite researchers to address these and related topics:

- Remote fitness for improving the health and well-being of persons with a chronic disease;
- Cost-effectiveness of real-time, remote fitness coaching compared to traditional center-based programs;
- Factors influencing participation for persons with a chronic disease;
- Barriers and inequalities in remote fitness.





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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. 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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