



Physical Activity and Mental Health

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Message from the Guest Editors

Dear Colleagues,

This Special Issue hopes to present innovative research and strategies that explore the relationship between physical activity and mental health. We use the term “physical activity” in the broadest sense to include sport, exercise, walking, yoga, and any other bodily movement. We encourage submissions that demonstrate interesting innovations that utilize physical activity to help vulnerable populations improve mental illness (e.g., PTSD, depression, substance abuse issues, mental issues in student-athletes) or to promote positive psychological well-being. We are equally interested in the impact of physical activity interventions and acute bouts of exercise on constructs related to mental health.

This Special Issue is open to any subject area related to physical activity and mental health. The listed keywords suggest just a few of the many possibilities.

Keywords: Exercise, Sport, Physical Activity, Mental Health, Mental Illness, Anxiety, Emotion, Mood, Depression, Self-Esteem, Cognitive Function, Affect





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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