



## **Physical, Psychological, and Social Health in Youth through Exercise and Healthy Behaviours**

Guest Editor:

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### **Message from the Guest Editor**

The *International Journal of Environmental Research and Public Health* has now established a Special Issue on “Physical, Psychological, and Social Health in Youth through Exercise and Healthy Behaviours”.

Currently, the concept of health consists of different areas of an individual’s life, which can be grouped into physical, mental, and social domains (WHO, 1986). The physical domain refers to all those processes that are needed for the body to function and perform effectively (Capiro et al., 2014). Mental health indicates a state of internal balance that allows people to perceive themselves and their lived environment in a proper manner (Galderisi et al., 2015). Social health includes all the interactions between a person and others within a community and how such interactions prompt—or hinder—personal and community growth (Waite, 2018). Each of these domains can be enhanced through healthy behaviours, which are particularly important at early ages. In fact, such behaviours learnt during youth are more likely to be maintained in adulthood and elderly life (Telama et al., 2013).





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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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