

## Special Issue

# Physical Activity as a Means to Promote Health and Wellbeing

### Message from the Guest Editors

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.

---

### Guest Editors

Dr. Roberta Ceci

Unit of Biochemistry and Molecular Biology, Department of Movement, Human and Health Sciences, University of Rome FORO ITALICO, Piazza Lauro de Bosis 6, 00135 Rome, Italy

Dr. Guglielmo Duranti

Unit of Biochemistry and Molecular Biology, Department of Movement, Human and Health Sciences, University of Rome FORO ITALICO, Piazza Lauro de Bosis 6, 00135 Rome, Italy

---

### Deadline for manuscript submissions

closed (15 May 2023)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/123771](https://mdpi.com/si/123771)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://mdpi.com/journal/ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## About the Journal

### 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.

*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 journal.

---

### Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

---

### 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)