



## **Exercise and Evaluation for Health and Occupational Wellness: Current Trends and Future Directions**

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

Dear Colleagues,

The evaluation, appropriate design and implementation of intervention programs for health promotion and occupational wellness require a purely scientific process. The main objective of this Special Issue is to highlight the importance and efficiency of evaluating exercise and physical activity, as well as of other lifestyle behaviors (ergonomics, nutrition, smoking, alcohol, sleep, etc.), for promoting health and occupational wellness. We invite you to contribute to this Special Issue by presenting your work on healthy populations of different ages (children, adolescents, adults, or the elderly), or on workers of different professional categories, including original articles, case studies, narrative or systematic reviews, or meta-analyses.

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