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Benefits of Physical Activity and Exercise to Human Health

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Deadline for manuscript submissions:
closed (31 October 2025)

Message from the Guest Editors

Recent estimates point to a high prevalence of physical inactivity and sedentary behavior in modern societies. Physical inactivity is one of the leading risk factors for chronic non-communicable diseases and all-cause mortality worldwide. Alternately, physical activity and exercise provide multiple health benefits, reducing the risk of all-cause mortality. More research is needed to better understand the factors underlying regular physical activity/exercise.

This Special Issue is dedicated to studies that investigate how physical activity and exercise interventions contribute to human health and well-being across all age groups. The topic of interest includes, but is not limited to the following:

- Determinants of physical activity and exercise adherence: barriers and facilitators
- Strategies to improve physical activity levels and exercise adherence
- Physical activity and exercise in disease prevention and management
- Physical activity and exercise on physical and mental health

We are particularly interested in experimental and observational studies, systematic reviews, meta-analyses, and study protocols.



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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