



Evidence for Incorporating Green Exercise into Clinical and Public Health Practice

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Message from the Guest Editor

Dear Colleagues,

Recent years have seen an increase in the scientific evidence supporting the hypothesis that the mental and physical health of humans benefits from living near or having access to natural environments. As reviewed by Frumkin and colleagues [1], the scope of the research in terms of duration of exposure and in the diversity of natural areas with which people engage is wide. This breadth of scope can make it difficult for health-care practitioners to grasp the salient information they need to justify incorporating nature-based therapies into clinical and public health practices. To facilitate the transfer of information from basic researchers to practitioners, this Special Issue of the *International Journal of Environmental Research and Public Health* solicits reports of studies that investigate the practice of Green Exercise, defined as physical activity undertaken in natural areas, which can inform the use of Green Exercise in improving health outcomes of individuals and populations.

1. Frumkin, H., G.N. Bratman, et al., Nature Contact and Human Health: A Research Agenda. *Environ Health Perspect*, 2017. 125(7): p. 075001.

Prof. Dr. Teresa Horton
Guest Editor



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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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