



Physical Activity, Health and Well-Being Review

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Message from the Guest Editors

In order to promote higher levels of adherence to regular PA and exercise to improve the general population's health and well-being, a comprehensive and socially relevant research approach is needed to establish a stronger link between people's needs, policymakers, and exercise and health professionals. The use of advanced research methods such as intervention studies, randomized controlled trials, meta-analyses, and other innovative technologies to assess the effects of PA and exercise as an intervention tool for both primary and secondary health prevention are welcome.

Papers addressing these topics are invited for this Special Issue, especially those combining high academic standards with relevant community exercise intervention proposals.





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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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