



## Research on Exercise and Physical Activity in Older People

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### Message from the Guest Editors

Age-related physiological changes lead to decreased force and power production and increased fatigue, resulting in a significant impairment in activities of daily living, functional decline, and a subsequent reduction in the quality of life. Physical activity has been shown to positively impact health-related outcomes and quality of life both in younger and older populations. With appropriate training, older adults can reverse strength and muscle mass deficits and cardiovascular performance to younger levels and improve physical functioning, resulting in a better quality of life. Thus, more research is needed to fully elucidate the exact role of various factors in this process and define the optimal parameters of exercise and physical activity interventions in this population. The aim of this Special Issue is to advance this area by promoting applied research conducted in older adults. All types of research studies (especially cross-sectional and longitudinal original research reviews,

**Special Issue**



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International Journal of analyses on the above mentioned topics are  
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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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