



## **Improving People's Functional Capacity and Quality of Life through Physical Exercise**

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

This Special Issue of the *International Journal of Environmental Research and Public Health* (IJERPH) focuses on the current state of knowledge on physical activity and exercise programs providing benefits on the physical function and quality of life of a broad range of populations, from infants to seniors, but with high interest on aging population (healthy, frail or non-frail older adults) and population with non-communicable disease such as chronic pain, cancer, osteoporosis, osteoarthritis, cardiovascular or metabolic pathologies, etc.

Papers addressing these topics are invited for this Special Issue. New research papers, reviews, case reports and conference papers are welcome to this issue. Other manuscript types accepted include methodological papers, position papers, brief reports, and commentaries.

Deadline for manuscript  
submissions:  
**closed (15 June 2023)**





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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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