



## Physical Activity as a Means to Promote Health and Wellbeing

Guest Editors:

**Dr. Roberta Ceci**

Unit of Biochemistry and  
Molecular Biology, Department of  
Movement, Human and Health  
Sciences, University of Rome  
FORO ITALICO, Piazza Lauro de  
Bosis 6, 00135 Rome, Italy

**Dr. Guglielmo Duranti**

Unit of Biochemistry and  
Molecular Biology, Department of  
Movement, Human and Health  
Sciences, University of Rome  
FORO ITALICO, Piazza Lauro de  
Bosis 6, 00135 Rome, Italy

Deadline for manuscript  
submissions:

**closed (15 May 2023)**

### Message from the Guest Editors

Dear Colleagues,

In recent years, there has been a great influx in scientific publications focusing on the relationship between physical activity/exercise, health and well-being. Clear evidence shows that physical activity is essential for the prevention/treatment of various pathologies.

In fact, it has been shown that physical activity plays a fundamental role in the prevention of the appearance and in controlling the progression of various diseases. Therefore, it has a great impact on society in terms of the overall health and well-being of the population for all ages and, consequently, has a positive economic impact on public health services in various countries.

For these reasons, many research projects continue to explore this topic.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

International Journal of  
*Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)