



Physical Activity and Elder Health

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Message from the Guest Editors

Dear Colleagues,

Life expectancy is increasing worldwide, and, consequently, the proportion of older people in the total population is reaching consistent levels. Considering that health conditions are often weakened during the third age, this demographic change has important social consequences. Therefore, the identification of cost-effective interventions that may improve the health status and prevent disability in old age represents one of the most important public health challenges.

Regular physical activity is widely recognized as an instrument to improve functional health and energy balance, to reduce the risk of chronic diseases, depression, and falls, and to prevent the development of disability in the elderly. At the same time, physical inactivity is considered one of the leading causes of non-transmittable diseases and contributes to functional disability in the later stages of life.

This Special Issue seeks papers considering all aspects of physical activity in relation to health in the elderly.

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Guest Editors





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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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