



New Trend of Physical Activity and Exercise for Health Promotion and Functional Ability

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Message from the Guest Editors

Physical activity and exercise are undoubtedly known to be very effective tools in health promotion and functional ability. However, traditional aerobic physical activity and exercise with moderate intensity are the most used for health promotion and functional ability improvement, however, physical activity and exercise modality has been changed into various and new trend according to individual characteristics and goals. This Special Issue offers an opportunity to publish high-quality, multi-disciplinary research relating to new trend of physical activity and exercise for health promotion and functional ability. We are particularly interested in the study of various physical activities and exercise modalities that are newly applied today. We also welcome papers investigating physical activity, health, and functional profiles via exercise intervention with new and various exercise modality. Manuscripts utilising any method are welcome (e.g. epidemiology, evaluation of interventions, reviews, or those of a qualitative nature).

Dr. Hun-Young Park

Guest Editor



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Message from the Editor-in-Chief

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