

## Special Issue

# Recovery Strategies for Optimizing Exercise and Fitness' Health Benefits

### Message from the Guest Editors

Healthy adults, as well as athletes and professionals engaged in demanding activities, cannot improve their overall well-being through a single strategy. Due to the complexity of personal growth and development, marginal gains are necessary, along with continuous monitoring and control of the effects that occur at every moment, both day and night. In this regard, marginal gains should be the focus of all professionals involved in this field moving forward, including trainers, coaches, nutritionists, psychologists, physiotherapists, psychiatrists, doctors, biomechanics experts, and others. In the following Special Issue, we look forward to providing scientific insights to help industry professionals convert marginal gains into effective improvement strategies for enhancing quality of life and mental well-being. Researchers are invited to contribute new research for publication in this special issue. Submissions can include original articles and critical reviews, such as systematic reviews or meta-analyses. There are no restrictions on study design or methodology.

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### Guest Editors

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### Deadline for manuscript submissions

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## International Journal of Environmental Research and Public Health

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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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### Editor-in-Chief

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