

Special Issue

Respiratory Muscle Training for Health and Performance

Message from the Guest Editors

A Special Issue on respiratory muscle training (RMT) is being organized in the *International Journal of Environmental Research and Public Health*. For detailed information on the journal, please see

<https://www.mdpi.com/journal/ijerph>. RMT has been

considered to be an effective method to improve performance in a wide range of exercise modalities, including running, cycling, swimming, and rowing. RMT may also improve exercise capacity, dyspnea, and quality of life of patients with chronic heart disease or respiratory disease, such as COPD and asthma.

However, new research in the field is emerging in order to optimize health and performance by applying novel RMT devices, which can be used while performing physical exercise. This Special Issue offers an opportunity to publish high-quality multidisciplinary research and reviews focused on the development of intervention strategies related to RMT to increase performance, physical capacity, and quality of life in both healthy and illness conditions. Investigators who have conducted research on these topics are invited to submit manuscripts for consideration for this Special Issue in *IJERPH*.

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About the Journal

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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