

Special Issue

Physical Activity and Healthy Lifestyle

Message from the Guest Editors

In recent decades, there has been increasing concern related to lack of physical activity and increase of sedentary time. Because of an insufficient amount of physical activity, incidence of several chronic diseases can follow. These include more than 25 chronic conditions, including cardiovascular disease, diabetes mellitus, depression, and several cancers. In addition, lack of physical activity is a predictor of obesity and overweight. In recent decades, there has been a rise in body mass index (BMI) levels worldwide. Physical activity is one of the big four health habits, with the other three being smoking, drinking, and fruit and vegetables consumption. Associations of physical activity and health habits are often studied, but more research is needed to understand the difference between health habits and how these health habits cluster together. This Special Issue seeks papers on physical activity and its links with other health habits and well-being.

Guest Editors

Dr. Mirja Hirvensalo

Faculty of Sport & Health Sciences, University of Jyväskylä, 40014 Jyväskylä, Finland

Dr. Kasper Salin

Faculty of Sport & Health Sciences, University of Jyväskylä, 40014 Jyväskylä, Finland

Deadline for manuscript submissions

closed (15 December 2019)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 7.3
Indexed in PubMed



mdpi.com/si/27056

*International Journal of
Environmental Research and
Public Health*

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 7.3
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)