



Special Issue on Exercise and Fitness

Call for Papers

Physical exercise is one of the most important things we can do for our health. It is the bodily activity that enhances or maintains physical fitness and overall health and wellness. It can help control the weight, strengthen muscles, hone athletic skills, prevent certain diseases such as heart disease, diabetes, improve our mental health and mood, and so on.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on exploring **Exercise and Fitness**. Potential topics include, but are not limited to:

- Aerobic exercise
- Anaerobic exercise
- Exercise physiology
- Flexibility exercises
- Health effects
- Sports medicine
- Sports nutrition

Authors should read over the journal's [For Authors](#) carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal's [Paper Submission System](#).

Please kindly specify the “**Special Issue**” under your manuscript title. The research field “**Special Issue - Exercise and Fitness**” should be selected during your submission.

Special Issue Timetable:

Submission Deadline	August 18th, 2016
Publication Date	October 2016

Guest Editor:

For further questions or inquiries, please contact Editorial Assistant at health@scirp.org.