

## The importance of men's physical activity on health in rural areas

### Guest Editor



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Sport participation and physical activity (PA) promotion have been intensively studied, especially regarding large cities. In many cases, rural municipalities have comparatively reduced services, including health care, due to the low profitability that these have for companies and entities. The World Health Organization recommends for adults aged 18–64 years should do at least 150–300 minutes of moderate-intensity aerobic PA; or at least 75–150 minutes of vigorous-intensity aerobic PA; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week. Starting from the hypothesis that people who live in rural areas can have a better level of PA, compared to citizens in urban areas, the purpose of this special issue is to highlight, and verify this statement about the level of PA for men who live in rural zone.

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We look forward to receiving original research studies, reviews, meta-analyses, and commentaries that focus on the impact of PA on men from rural environment.

Keywords: Health; Sport; Rural municipalities; Adults

More information: <https://www.jomh.org/special-issues/1633994104703467520>