

## Special Issue announcement

### Endurance Sports and Men's Health: The Double-Edged Sword of Physical and Psychological Effects

Endurance sports have become increasingly popular among men seeking improved physical fitness, personal achievement, and psychological well-being. However, alongside their well-documented health benefits, these activities can also pose unique physical and psychological challenges.

This Special Issue aims to explore the dual nature of endurance sports in men's health, highlighting both the positive outcomes (e.g., cardiovascular health, mental resilience, stress reduction) and potential risks (e.g., overtraining, hormonal imbalances, psychological strain, and injury).

We invite submissions from various disciplines, including sports medicine, psychology, physiology, and public health, that address topics such as long-term adaptations to endurance training, burnout, eating disorders, body image issues, and recovery strategies. By gathering cutting-edge research and clinical perspectives, this Special Issue seeks to provide a balanced and evidence-based understanding of how endurance sports shape the health and lives of men across age groups and performance levels.

**Keywords:** Endurance sports; Men's health; Overtraining; Mental health; Physical performance

**Submission deadline:** 30 April 2026

**Submission link:** <https://js.jomh.org/ch/author/login.aspx>

#### Guest Editors



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