Dear Colleagues:

As the new Editor-in-Chief of The Journal of Physical Fitness and Sports Medicine (JPFSM), I am writing to invite you to submit papers describing any valuable or fruitful research you have been undertaking in your laboratories and clinics.

JPFSM was established in 2012 as the official English language journal of the Japanese Society of Physical Fitness and Sports Medicine. Over the past four years, my predecessor Professor Kazuhiko Imaizumi and his colleague Professor Masato Suzuki have done an outstanding job at launching the journal and shaping it into its present form as the leading English-language journal in Japanese sports medicine and physical fitness. I am honored to become the second Editor-in-Chief of JPFSM.

The fields of sports medicine and physical fitness are passing through a period of rapid change and development. Sports medicine plays an important role in enabling both athletes and laymen to participate safely in various sports activities and to recover from sports injuries more swiftly, efficiently, and enduringly. Physical fitness helps persons of all ages enjoy sustainable quality of life and is gaining new recognition for its myriad benefits. By enabling physical activity, physical fitness helps the elderly stay independent, recover from ailments, and enjoy a reduced risk of disease.

I will be continuing my work with the Editorial Board to grow the journal into a leading international journal of sports medicine, physical fitness, and the health sciences overall. We welcome not only traditional experimental and physiological research from the field, but also research in clinical and molecular-biology-based physiology. When you submit articles to our journal we can assure you of a rapid and fair peer-review process. We have also begun working to get an impact factor (IF) for our journal.

Thank you in advance for your valuable contributions to The Journal of Physical Fitness and Sports Medicine.

Sincerely

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