

COPYRIGHT FORM

Date :
Corresponding author name :
Address :
Article title :

Author Declaration

We, the undersigned author(s), hereby declare that the manuscript submitted to Advances in Health and Exercise is original, has not been published elsewhere, and is not under consideration by another journal. All authors have contributed significantly, approve the submission, and accept full responsibility for the content.

The study complies with ethical standards and relevant regulations. Any conflicts of interest or funding sources have been disclosed.

Copyright and Licensing Terms

The author(s) retain the copyright of the article.

The article will be published under the Creative Commons Attribution 4.0 International License (CC BY 4.0), which permits unrestricted use, distribution, and reproduction in any medium, provided that the original author(s) and source are properly cited.

License details: <https://creativecommons.org/licenses/by/4.0/>

Archiving and Accessibility

The article will be published as open access and archived on the journal website (OJS/PKP) and trusted digital archiving systems such as LOCKSS. Authors may self-archive the published version with proper citation.

Author Signatures

Name	Signature	Date