

# Constructing robust communities for us in need of active healthcare: 1st robust future in the diverse areas

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In this publication, the author of the manuscript inquires about the essential requirements for establishing a more robust future for populations requiring exercise rehabilitation. The global community is approaching the 2023 deadline for achieving sustainable healthcare for patients, and the countdown is underway for the 2024 target. The vulnerability of health as a human right will persist in the aftermath of the pandemic, as well as in the face of other threats such as climate change, escalating health and economic disparities, political unrest, and the possibility of future pandemics. The World Health Organization has advocated for a shift in the orientation of health systems, emphasizing the promotion of health rather than merely treating diseases. The organization emphasizes the recognition that “health begins not only in hospitals and clinics but also in homes, streets, schools, and workplaces.” Embracing a holistic view of health, we endorse collaborative endeavors spanning various disciplines. This involves fostering cooperation between health and non-health sectors, as well as between disability and nondisability sectors, along with the global community.

Across generations, our capacity to safeguard our health has become increasingly susceptible to the impacts of the global warming climate crisis, the continual emergence of new viruses, and the advancements in science. Notably, the coronavirus disease 2019

pandemic has underscored significant challenges in the health and development of individuals. Addressing this crisis requires a multidisciplinary approach, as relying solely on the knowledge of one field may not suffice. The potential for effective solutions is likely to increase when insights from various disciplines are combined.

Current crises and challenges hold the promise of laying the foundation for the future. It's noteworthy that our living cells exhibit increased energy expenditure during activity, a phenomenon more noticeable in frail and unwell individuals compared to those currently in good health. As the next year approaches, there is an optimistic aspiration that it will be a time when the collective efforts of diverse disciplines, as well as individual endeavors, can shine, contributing to a future that is not only healthier but also more active than our present state.

## CONFLICT OF INTEREST

No potential conflict of interest relevant to this article was reported.

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