



# International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

## CERTIFICATE

It is certify that the paper entitled by “*Effects of Regular Physical Activity Habits on Health-Related Physical Fitness and Cardiovascular Health Factors of Early-Adult College Students*” has been published in *International Journal of Humanities and Social Science Invention (IJHSSI)*.

**Your article has been published with following details:**

Author's Name: Sun Ho, Kim  
Journal Name: *International Journal of Humanities and Social Science Invention (IJHSSI)*  
Journal Web: [www.ijhssi.org](http://www.ijhssi.org)  
Journal Type: *Online & Offline*  
Review Type: *Peer Review Refereed*  
Publication Year: 2024  
Publication Month: *December*  
Vol No.: 13  
Issue No.: 12



**Editor-In-Chief**  
*International Journal of Humanities and Social Science Invention (IJHSSI)*  
E-mail ID: [ijhssi@invmails.com](mailto:ijhssi@invmails.com)  
Web: [www.ijhssi.org](http://www.ijhssi.org)

**Impact Factor : 5.35**

**UGC Approval Serial Number: 4098 & UGC Journal Number: 47449**