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Exercise and Its Role in Health and Disease

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Message from the Guest Editor

It is well known that physical activity and exercise are the best medications to prevent disease and reverse its symptoms, as well as to improve the physical and mental health and functionality of people suffering from chronic diseases. The main aim of this Special Issue is to publish high-quality, multi-disciplinary research relating to exercise and its role in health and disease through original research and systematic reviews from all sports and health disciplines.



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Special Issue



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Message from the Editor-in-Chief

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