



## **Exercise and Life Style Modification in Health and Disease: Focus on the Immunology, Frailty, and Cardiovascular Function**

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### **Message from the Guest Editors**

Cardiovascular and immunological disease has been classified as the number-one killer of both men and women worldwide. Over several decades, a greater understanding has been obtained of abilities of exercise, dance intervention, and lifestyle factors to positively influence risk factors for cardiovascular disease, such as immune function, inflammation, oxidative stress, and vascular dysfunction. Therefore, this Special Issue examines the health effects of exercise and life style modification on exercise immunology, cardiovascular risks, and skeletal muscular dysfunction and performance. Further insight into these mechanisms will be beneficial for researchers and clinicians alike to develop novel interventions to help to reduce risks for cardiovascular disease, thereby potentially reducing overall disease risk worldwide.

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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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