



Towards Exercise and Physical Activity for Elderlies Quality of Life

Guest Editors:

Dr. Pedro Miguel Forte

1. Department of Sports, Higher
Institute of Educational Sciences
of the Douro, 4560-708 Penafiel,
Portugal

2. Research Center in Sports,
Health and Human Development,
CIDESD, 6201-001 Covilhã,
Portugal

Prof. Dr. António M. Monteiro

1. Research Center in Sports
Sciences, Health Sciences and
Human Development, Vila Real,
Portugal

2. Department of Sport Sciences
and Physical Education, Instituto
Politécnico de Bragança,
Bragança, Portugal

Deadline for manuscript
submissions:

closed (20 April 2023)

Message from the Guest Editors

Dear Colleagues,

Physical activity and exercise programs have a positive impact on functional and physical fitness, body composition, independence, and psychosocial status in the elderly population, which is important for their health. The risk and fear of falling is a major topic of debate, and it is linked to functional fitness and psychological issues. Exercises, training programs, and recommendations for the physical activity must be simple to implement. Aerobic exercises to improve endurance, resistance exercises, and flexibility exercises are typically mentioned in the recommendations. Determining the type of training that will have a positive impact on physical fitness and quality of life is difficult but critical. The purpose of this Special Issue is to present the effects of various interventions on the functional and physical fitness levels, body composition, independence, and health of the elderly. We invite authors to submit articles related to these topics.

Dr. Pedro Miguel Forte

Dr. António M. Monteiro

Guest Editors





medicina



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Edgaras Stankevičius

Medical Academy, Lithuanian
University of Health Sciences,
Kaunas, Lithuania

Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Medicina* (ISSN: 1648-9144). *Medicina* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on medicine. The scientific community and the general public can access the content free of charge as soon as it is published.

Author Benefits

Open Access: free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

High Visibility: indexed within [Scopus](#), [SCIE \(Web of Science\)](#), [PubMed](#), [MEDLINE](#), [PMC](#), and [other databases](#).

Journal Rank: CiteScore - Q2 (*General Medicine*)

Contact Us

Medicina Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/medicina
medicina@mdpi.com