



Exercise Interventions on Human Cardiovascular Health

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Regular exercise and physical activity are effective behavioral interventions to improve human cardiovascular function and promote individuals' overall health. Although public health organizations around the world have suggested effective exercise and physical activity guidelines for the promotion of cardiovascular health in various populations based on the scientific evidence produced by research studies, the guidelines are still generic and lacking in specificity.

In this Special Issue, we aim to explore safer, more specific and effective exercise interventions to improve cardiovascular function, and prevent and manage cardiovascular and cardiometabolic disease risks. Both original research and review studies comparing various types and intensities of exercise and physical activities associated with cardiovascular function, handling strategies for promoting physical activity using metaverse or virtual reality techniques, and exploring innovative measurement techniques and biomarkers related to exercise and cardiovascular health are welcome in this Special Issue. If preparing for submitting a systemic review paper, be sure to follow the PRISMA guidelines.





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Message from the Editor-in-Chief

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