



New Trends in Sport and Exercise Medicine

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

In the last twenty years it has been shown that the practice of regular physical activity reduces the risks of chronic diseases such as cardiovascular diseases, diabetes, and depression, but it has been also demonstrated that it reduces the incidence of colon and breast cancer. Moreover, physical exercise is fundamental in weight control and energy expenditure to contrast the increase of obesity. For example, different training modalities (i.e., aerobic, resistance, concentric, and eccentric) have been shown to influence adipokines and atherosclerosis markers.

On the other side, sport and physical activity are determinants in several disciplines, from wellness and public health to physiotherapy. It also aims to prevent injuries. Thus, advances in sport and exercise medicine could be of high clinical relevance for general sport practitioners, physicians, and athletes. Sport nutrition may also have wider implications.

In this Special Issue, we look for original manuscripts and reviews to cover novel insights in sport and exercise medicine.

Dr. Daniela Galli
Guest Editor





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Message from the Editor-in-Chief

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