

Special Issue

The Effects of Exercise on Physical Characteristics

Message from the Guest Editors

Exercise is a cornerstone of physical health, influencing a wide array of bodily functions and characteristics. From enhancing muscle strength and cardiovascular fitness to preventing eye disease and improving bone density and metabolic health, exercise plays a pivotal role in shaping our physical attributes. We are pleased to invite you to contribute studies that delve into the physiological, biomechanical, and morphological changes induced by different types of exercise regimens. The aim of this Special Issue is to explore the multifaceted impacts of various exercise modalities on the human body, encompassing both the general population and specific groups such as athletes, older adults, and individuals with chronic conditions. We seek to gather multidisciplinary, innovative research and comprehensive reviews that delve into the physiological, biomechanical, and morphological changes prompted by physical activity. By highlighting cutting-edge research and fostering interdisciplinary dialogue, this Special Issue aspires to deepen our understanding of how exercise interventions can be optimized to enhance physical health and performance.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

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