

Special Issue

Physical Activity, Exercise and Chronic Disease

Message from the Guest Editors

This Special Issue is dedicated to advancing our understanding of the relationship between physical activity, exercise and chronic diseases. It recognizes physical activity and exercise as practical strategies in the prevention and management of chronic diseases. Physical activity and structured exercise programs have emerged as vital tools in optimizing health and mitigating the risk of chronic diseases such as cardiovascular disease, diabetes, obesity and certain types of cancer. Through a collection of research articles and reviews, this Special Issue aims to provide a comprehensive exploration of the role of physical activity and exercise in the prevention, treatment and management of chronic diseases. We invite submissions elucidating the underlying mechanisms, optimal exercise prescriptions and strategies for implementing physical activity interventions in diverse populations.

Guest Editors

Dr. Daniel Gahreman

Center of Excellence for Sport Science and Coach Education,
Department of Sport, Exercise, Recreation and Kinesiology, East
Tennessee State University, Johnson City, TN 37614, USA

Dr. Kenji Doma

Sport and Exercise Science, College of Healthcare Sciences, James
Cook University, Townsville, Australia

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Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appls-ci@mdpi.com

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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

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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