

Special Issue

Exercise Physiology: New Exercise Regime Benefits the Function of Blood Vessels, Heart and Brain

Message from the Guest Editors

Regular exercise has been shown to modulate the body's stress response, helping to alleviate chronic stress and anxiety, thereby contributing to overall mental and physical well-being. Despite the clear importance of exercise, the specific mechanistic pathways underlying its cardiovascular benefits remain an area of active investigation. Understanding these pathways is critical not only for optimizing exercise regimens but also for developing adjunctive therapies. This Special Issue, "Exercise Physiology: New Exercise Regime Benefits the Function of Blood Vessels, Heart and Brain", seeks to highlight cutting-edge research on the effects of various forms of exercise, physical activity, therapy, and physiotherapy on enhancing human health and performance. Additionally, it aims to explore innovative avenues for developing exercise-based and adjunctive therapeutic strategies, fostering advancements in the prevention and management of chronic diseases through applied and translational science.

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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.

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