

## Special Issue

# Exercise Interventions on Human Cardiovascular Health

### Message from the Guest Editor

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.

### Guest Editor

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### Deadline for manuscript submissions

closed (30 June 2023)



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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.

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### Editor-in-Chief

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