Special Issue

Innovative Insights into Cardiovascular and Metabolic Responses to Exercise

Message from the Guest Editors

Exercise and physical activity have been recognized as some of the most effective and accessible tools for improving cardiovascular health. With the advent of digital health and artificial intelligence, a new era of personalized exercise medicine is emerging, where individual responses to physical activity can be more precisely monitored, analyzed, and optimized through digital phenotyping and advanced algorithms. This Special Issue is dedicated to presenting the latest ideas, research findings, and innovative approaches to understanding cardiovascular and metabolic responses to exercise. Special emphasis is placed on the integration of digital technologies and artificial intelligence into research and practice, with the aim of advancing the prevention, diagnosis, and treatment of cardiovascular diseases. We explore how exercise influences microcirculation, vascular and cardiovascular physiology, hypertension, cardio–renal–metabolic syndromes, molecular biology, nutrition, and overall health outcomes, taking into account the opportunities provided by digital health.

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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

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