

Special Issue

Physical Activity and Aging

Message from the Guest Editors

The population is aging rapidly worldwide, and this phenomenon is closely associated with non-communicable chronic diseases. An active lifestyle seems to delay the deleterious effects of aging on biological processes. The literature has shown that physical activity, in many ways, has the potential to prevent, control and treat chronic diseases. Considering that humans were evolutionarily programmed to move, there is a close relationship between movement and health. However, although the relevance of physical activity is recognized, there are many gaps to be elucidated regarding its different types, administration, and biological mechanisms. This Special Issue aims at the improvement of the current knowledge regarding physical activity and aging, building an interdisciplinary perspective about the physical and mental health of older adults.

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