

Special Issue

Innovative Exercise-Based Approaches for Chronic Condition Management

Message from the Guest Editor

We are pleased to invite you to contribute to the Special Issue "Innovative Exercise-Based Approaches for Chronic Condition Management". This Special Issue aims to explore the latest research, innovative strategies, and clinical applications of exercise as a key component in health management. This Special Issue aims to continue showing the role of physical activity and exercise in promoting well-being, managing chronic conditions, and preventing disease through high-quality research and clinical studies that explore exercise-based, innovative, evidence-based approaches to health control. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- Effects of physical activity and exercise on different health dimensions (e.g., musculoskeletal, cardiovascular, ocular, metabolic, psychological).
- Influence of exercise-based interventions on body composition and functionality (including perceptual mechanisms, balance, strength, and other parameters).
- Measurement and quantification of exercise for health.
- Healthy aging through exercise.

We look forward to receiving your contributions.

Guest Editor

Dr. Javier Gene-Morales

1. Research Institute on Traffic and Road Safety (INTRAS), University of Valencia, 46022 Valencia, Spain
2. Research Group on Prevention and Health in Exercise and Sport (PHES), Department of Physical Education and Sports, University of Valencia, 46010 Valencia, Spain

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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