# **Special Issue**

# Exercise Interventions and Testing for Effective Health Promotion

# Message from the Guest Editors

This Special Issue aims to highlight the importance of health screening-testing, as well as the efficiency of different physical activity and exercise intervention programs in the promotion of physical and mental health and, consequently, the prevention and rehabilitation of different chronic diseases. We are pleased to invite you to contribute to our Special Issue by presenting your work on healthy populations or on individuals of different ages (children, adolescents, adults and elderly individuals) with chronic diseases, including original articles, case studies, reviews (scoping, narrative, systematic, etc.) or meta-analyses. We look forward to receiving your contributions to our Special Issue entitled: "Exercise Interventions and Testing for Effective Health Promotion".

## **Guest Editors**

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## Deadline for manuscript submissions

31 March 2026



# Healthcare

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# **About the Journal**

# Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

#### Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

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