

Special Issue

Advances in Physical Exercise-Based Interventions: Short- and Long-Term Benefits for Disease Prevention and Improvement

Message from the Guest Editors

We are pleased to announce this Special Issue, entitled "Advances in Physical Exercise-Based Interventions: Short- and Long-Term Benefits for Disease Prevention and Improvement". This Special Issue examines the enormous potential of exercise as a preventative strategy for various medical disorders and how physical exercise could improve health status. Interest-worthy subjects consist of, but are not restricted to, the following:

- Physiological, metabolic, and psychological acute and chronic responses during exercise sessions for different age groups or health conditions;
- The efficiency of various forms of physical exercise in averting long-term health conditions like obesity, diabetes, and heart disease;
- Mechanisms by which physical exercise improves mental health and helps avoid mental health issues like anxiety and sadness;
- Physical exercise's function in cancer survival and prevention;
- Innovations in exercise-based interventions are designed for certain groups, such as children, adults, older people, and those with impairments;
- Short- and long-term advantages and adherence techniques for physical fitness regimens in clinic and community settings

Guest Editors

Dr. Bráulio Henrique Magnani Branco

Graduate Program in Health Promotion, Cesumar University (UniCesumar), Maringá 87050-900, Brazil

Dr. Leonardo Vidal Andreato

Department of Physical Education, Faculty of Physical Education, State University of Amazonas, Barcelos 69700-000, Brazil

Deadline for manuscript submissions

closed (30 June 2025)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/213718

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

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



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

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1
(Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).