

Special Issue

Effects of Prescribed Exercise and Physical Activity Interventions on Health Indices and Disease Improvement

Message from the Guest Editor

It is well known that exercise promotes physiological responses that benefit human health. However, studies that include interventions of exercise and physical activity on humans may not always agree in their findings, even when similar populations are involved. Therefore, robust outcomes are needed. A systematic review and meta-analysis method is an optimal vehicle to synthesize the evidence, to form firm conclusions putting them in perspective with the quality of the available evidence. The current Special Issue aims to accumulate the available evidence, to be used in practice and provide valuable information to improve human health.

Guest Editor

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Deadline for manuscript submissions

closed (31 December 2023)



Healthcare

an Open Access Journal
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Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/127922

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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.

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