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

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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.

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