

Special Issue

Exercise and Its Role in Health and Disease

Message from the Guest Editor

It is well known that physical activity and exercise are the best medications to prevent disease and reverse its symptoms, as well as to improve the physical and mental health and functionality of people suffering from chronic diseases. The main aim of this Special Issue is to publish high-quality, multi-disciplinary research relating to exercise and its role in health and disease through original research and systematic reviews from all sports and health disciplines.

Guest Editor

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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.

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