

# Special Issue

## Physical Activity for Heart Disease and Cardiovascular Disease

### Message from the Guest Editors

We invite you to contribute to the Special Issue titled “Physical Activity for Heart Disease and Cardiovascular Disease” in *Healthcare*, an open-access journal published by MDPI. In this Special Issue, we request original investigations and reviews that introduce novel approaches for defining how physical activity, when performed regularly, strengthens the heart muscle and reduces cardiovascular risk factors. Since 2016, 27.5% of the global adult population and 81% of adolescents have failed to meet the current guidelines for weekly exercise. Physical inactivity was responsible for 13.4 million disability-adjusted life years worldwide. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- Coronary artery disease;
- Cardiorespiratory fitness;
- Cardiovascular disease;
- Mental health; cognition;
- Pregnancy;
- Physical activity strategies.

We look forward to receiving your contributions.



## Healthcare

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### Deadline for manuscript submissions

closed (31 October 2025)





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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, peer-reviewed, 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 issues.

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

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### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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### 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 22.4 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2025).

