

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.

Guest Editors

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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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