

## Special Issue

# The Role of Physical Fitness in Effective Health Management

### Message from the Guest Editor

Evidence accumulated over the last few decades shows that health-related physical fitness plays a fundamental role in human life. This is because physical fitness reflects the set of actions performed by the organism (skeletal-muscular, cardiorespiratory, hematocirculatory, psychoneurological, and endocrine-metabolic) during daily activities. Muscular strength and endurance, flexibility, cardiorespiratory fitness, and body composition are components of health-related physical fitness. Although genetics play a role in their determination, environmental factors such as physical activity and exercise directly impact physical fitness. We are pleased to invite you to contribute evidence-based information regarding the relationship of physical fitness to health indicators and, through these findings, analyze the role of physical fitness in effective health management. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- Intervention studies;
- Cross-sectional investigations;
- Systematic reviews.

### Guest Editor

Dr. Tiago Rodrigues De Lima

Center for Health and Sports Sciences, Santa Catarina State University, Florianópolis 88040-900, SC, Brazil

### Deadline for manuscript submissions

15 December 2025



## Healthcare

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Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



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*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

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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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### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
92697, USA

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