# **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**

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### Deadline for manuscript submissions

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## Healthcare

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### **About the Journal**

### Message from the Editor-in-Chief

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.

Prof. Dr. Lorraine S. Evangelista

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### **Author Benefits**

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indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

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### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).

