

## Special Issue

# Acute and Chronic Adaptations to Exercise and Complementary Interventions

### Message from the Guest Editors

The forthcoming Special Issue of *Healthcare* aims to cover all aspects of exercise adaptations and welcomes submissions that discuss the response to acute exercise and the adaptation to exercise training programs from the molecular and cellular level to individual systems, extending to the integrated multi-systemic response of the intact organism in both humans and animals. This topic may also include research on sports, nutritional intervention, physical activity, and health initiatives, as well as complementary interventions related to performance and recovery, including (but not limited to) photobiomodulation, cryotherapy, and massage. This Special Issue seeks commentaries, original research, short reports, and reviews on challenges in health systems focused on this field.

- athletes
- patients
- prevention
- performance
- exercise intervention
- nutritional intervention
- complementary intervention

Prof. Dr. Daniel Almeida Marinho

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### Guest Editors

Prof. Dr. Filippo Macaluso

Prof. Dr. Daniel Marinho

Prof. Dr. Andreo Fernando Aguiar

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### Deadline for manuscript submissions

closed (31 December 2024)



## Healthcare

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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

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

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
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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).