

## Special Issue

# Exercise as Medicine in Chronic Conditions

### Message from the Guest Editor

Physical exercise is essential to improve both physical fitness and health-related quality of life. This type of therapy has been shown to have a multitude of benefits in many diseases and plays a key role in today's society due to the awareness and demonstration of the positive aspects that physical exercise provides. Traditionally, physical exercise was associated with people improving their physical appearance or was related to military aspects. However, over time, the advantages and benefits of physical exercise programs have been proven; they are considered therapies, benefitting aspects that are affected by different chronic diseases. We invite authors to submit papers on these topics for publication in this Special Issue, especially those that combine a high academic level with a practical approach to provide papers related to physical exercise in chronic diseases and their benefits in terms of physical condition and health-related quality of life. The following formats are accepted: study protocols, longitudinal studies, cross-sectional studies, case reports, qualitative studies, and all types of reviews.

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### Guest Editor

Dr. Francisco Javier Domínguez Muñoz

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### Deadline for manuscript submissions

closed (31 August 2023)



## 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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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).