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.

Guest Editor

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Deadline for manuscript submissions

closed (31 August 2023)



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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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