

## Special Issue

# Exercise as Medicine for Longevity: Unlocking the Benefits of Physical Activity in Older Adults

### Message from the Guest Editors

This Special Issue aims to redefine how exercise can improve the aging process by providing a comprehensive understanding of its multiple benefits. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- The positive impact of exercise on aging and longevity;
- Benefits of exercise in cardiovascular, metabolism, and musculoskeletal health in older adults;
- The role of exercise in improving functional capacity in older adults;
- Development and impact of exercise programs tailored to the needs and health status of older adults;
- Psychological and cognitive benefits of exercise in older adults.

We look forward to receiving your contributions.

### Guest Editors

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### Deadline for manuscript submissions

15 February 2026



## 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 issues.

We would be pleased to welcome you as one of our authors.

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### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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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).