

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

Dr. Susana López-Ortiz

i+HeALTH Strategic Research Group, Department of Health Sciences, Miguel de Cervantes European University (UEMC), 47012 Valladolid, Spain

Dr. Saul Peñín-Grandes

i+HeALTH Strategic Research Group, Department of Health Sciences, Miguel de Cervantes European University (UEMC), 47012 Valladolid, Spain

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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