

Special Issue

Exercise Science and Health Promotion

Message from the Guest Editor

This Special Issue aims to (1) examine factors influencing the feasibility, acceptability, and sustainability of exercise and PA interventions in specific populations; (2) investigate the impacts of these interventions on lifestyle behaviors, physical and cardiometabolic health, cognitive and physical functions, and mental health and wellbeing in both the general population and special populations; and (3) explore the physiological aspects that contribute to participants' responses and intervention outcomes in these populations.

Guest Editor

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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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