

Special Issue

Physical Activity Interventions for Healthy Ageing and Fall Prevention

Message from the Guest Editors

This physical inactivity is a key risk factor for increased mortality, morbidity, and functional disability in the elderly. Regular physical exercise is essential for the quality of life of older people, reducing the need for assistance and increasing their independence to carry out everyday tasks without the risk of falling. Therefore, this Special Issue aims to highlight the latest evidence on the potential health benefits of physical activity in the elderly population, and encourages submissions of original articles, reviews and short communications that specifically address physical activity and/or the underlying causes and mechanisms of the prevention of falls in this population. Due to the breadth of the topic, contributions from many disciplines such as epidemiology, biomechanics, physiology, psychology and social sciences are expected. Contributions on these topics are welcome, particularly those that combine high academic standards with a sound approach to addressing the physical activity needs of older people.

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Deadline for manuscript submissions

closed (31 December 2024)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/176671

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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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