Special Issue

Leisure Time, Physical Activity, and Physical Fitness: Perspectives on Healthy Aging

Message from the Guest Editors

The constant advances in science and the popularization of the importance of adopting a healthy lifestyle are leading to an increase in life expectancy worldwide. The consequences of this phenomenon on social security and retirement, as well as health systems, have become an ongoing concern for governments all around the globe. Science has made it clear that preventive measures, primarily non-drug ones, are the economically viable answer for societies to progress and develop, despite the progressive aging of the population.

The set of physical exercise, regular and moderate; frugal and balanced diet; and emotional health, quality sleep, and stress control, in an environment free of pollution or contaminants are the decisive factors for an antioxidant, antimutational and anti-inflammatory gene expression.

An adequately oriented and properly prescribed physical exercise program and enjoying leisure moments seem to be the answer to these yearnings for a long and healthy life. This Special Issue is intended to present the view of science regarding these variables through the works of some of the most distinguished scientists.

Guest Editors

Dr. Francisco Saavedra

Prof. Dr. Anita Hökelmann

Prof. Dr. Estélio Dantas

Deadline for manuscript submissions

closed (31 January 2024)



Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/161591

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

mdpi.com/journal/ healthcare





Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7 CiteScore 4.7 Indexed in PubMed



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

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Rapid Publication:

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).

