

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

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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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Message from the Editor-in-Chief

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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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