

Special Issue

Promotion of Women's Health through Exercise-Based and Educational Programs: A Multidisciplinary Approach

Message from the Guest Editor

This Special Issue is focused into the physiological processes of women and the need for exercise patterns and educational strategies for promoting selfcare and health though life. Government and healthcare system are implementing a range of strategies to promote health in women, such as the practice of regular exercise, that needs to be intensified with educational plans in order to consolidate the functional benefits. This Special Issue aims to provide a multidisciplinary overview of the current strategies used to enhance women's health. Thus, we are soliciting manuscripts addressing topics related to the impact of exercise in women, as well as the development of educational programs to promote their selfcare and health. Original articles and reviews based on the prevention or treatment of the physiological, psychological, or social impairments related to menstrual cycle, pregnancy, or menopause through exercise or other physical techniques will be considered, either in healthy or in chronic disease samples. Paper dealing with the promotion of educational exercise-based initiatives to promote women's selfcare and health will be also welcome.

Guest Editor

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Deadline for manuscript submissions

closed (31 May 2025)



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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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