

## Special Issue

# Effects of Physical Exercise on Cardiometabolic Disorders

### Message from the Guest Editors

Physical exercise has been linked to several beneficial effects on the human body. These effects help to reduce physiological stresses experienced in everyday life. Cardiometabolic disorders are currently in evidence due to contemporary lifestyles, and the beneficial effects of physical exercise can help in the prevention and treatment of these disorders. We are pleased to invite you to contribute to this Special Issue that aims to investigate the effects of physical exercise on cardiometabolic disorders. This includes how exercise can help prevent and treat these disorders. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- Systematic/scoping reviews or clinical trials about how physical exercise prevents and/or treats cardiometabolic conditions;
- Cross-sectional and comparative studies that highlight the relationship between physical exercise and cardiometabolic impact;
- Studies involving (but not limited to) metabolism and/or cardiovascular autonomic modulation are welcome.

### Guest Editors

Dr. Étore De Favari Signini

Dr. Alex Castro

Dr. Raphael Martins de Abreu

### Deadline for manuscript submissions

28 February 2026



## Healthcare

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## 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 issues.

We would be pleased to welcome you as one of our authors.

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### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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

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