

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

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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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