



Health Benefits of Physical Activity in Older Adults

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Message from the Guest Editors

Most Western countries are experiencing a worrying ageing of their population that will be further enhanced in the coming years. The level of functional independence of older subjects depends mainly on maintaining an adequate aerobic capacity and muscle power above a certain threshold. Notably, older people tend to avoid physical activity when their aerobic capacity is poor, and are not capable of certain basic activities—such as standing up from a chair—when their muscle power is very low. As their involvement in physical activity decreases, their loss of muscle function accelerates, which further reduces aerobic capacity, leading to a vicious cycle. In sum, the promotion of regular physical activity is among the main non-pharmaceutical actions that should be advocated in older subjects, especially regarding a preventive approach for “a successful ageing”. The submission of papers addressing these topics for this Special Issue is welcomed.

Deadline for manuscript submissions:

closed (31 December 2021)





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Message from the Editor-in-Chief

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