



Digital Health for Exercise Prescription in Health and Disease

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Message from the Guest Editors

Physical activity delays all-cause mortality in the general population and reduces the risk of chronic diseases, including cardiovascular diseases, stroke, type 2 diabetes mellitus, and some type of cancers. Consistently, longitudinal studies in persons with these conditions have shown improvements in cardiorespiratory fitness, muscle strength, body composition, depression symptoms, and quality of life after physical activity and exercise interventions. Nevertheless, long-term adherence to physical activity and exercise programs, which is key to such health benefits, is still rather poor. The use of wearable electronic devices (e.g., activity monitors, smartwatches) and their connection to mobile devices could help to increase program adherence through activity monitoring, providing awareness and motivational personalized feedback.

The present Special Issue focuses on the use of wearable electronic devices and their connection to mobile applications to monitor physical activity and their association with specific fitness and clinical outcomes. Research papers, reviews, case reports methodological papers, position papers, brief reports, and commentaries are welcome.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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