



Digital Health for Exercise Prescription in Health and Disease

Guest Editors:

Dr. Matteo Bonato

IRCCS Istituto Ortopedico
Galeazzi, LaMSS - Laboratory of
Movement and Sport Science, Via
Riccardo Galeazzi 4, 20161
Milano, Italy

Dr. Filippo Turrini

Vita-Salute San Raffaele
University, Via Olgettina 58,
20132 Milan, Italy

Dr. Francesco Sartor

Philips Research, Bangor
University, Amsterdam, The
Netherlands

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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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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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