



## Exercise and Cardiovascular Risk Factors

Guest Editors:

**Dr. Simona Mandini**

Center for Exercise Science and  
Sport, University of Ferrara, 44121  
Ferrara, Italy

**Dr. Gianni Mazzoni**

Center for Exercise Science and  
Sport, University of Ferrara, 44121  
Ferrara, Italy

**Dr. Erica Menegatti**

Department of Morphology,  
Surgery and Experimental  
Medicine, University of Ferrara,  
44121 Ferrara, Italy

Deadline for manuscript  
submissions:

**closed (1 March 2022)**

### Message from the Guest Editors

Cardiovascular diseases are the top cause of death worldwide with an estimated 17.9 million deaths each year (WHO 2020). Raised blood pressure, diabetes, dyslipidemia, overweight–obesity, and physical inactivity are major risk factors for cardiovascular diseases. Habitual physical activity is associated with reduced risk of cardiovascular diseases mortality both in men and women, and in middle-aged as well as in older individuals. By contrast, subjects with a sedentary lifestyle are at great risk to contract heart disease (and other major chronic diseases, including cancer).

This Special Issue of the *IJERPH* will include research papers on the effects of physical activity detailed programs on cardiovascular risk factors. Submissions on the utilization of wearable devices to promote and control remote exercise programs are welcome. High-quality narrative and systematic reviews will be considered.





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## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
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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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International Journal of  
*Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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