



One Size Does Not Fit All: New Strategies to Improve Overall Health and Physical Activity Behavior in Vulnerable Populations

Guest Editors:

Dr. Gabriel Dias Rodrigues

Department of Clinical Sciences
and Community Health,
Università degli Studi di Milano,
20100 Milan, Italy

Dr. Marco Vicenzi

1. Department of Cardio-
Thoracic-Vascular Diseases,
Foundation IRCCS Ca' Granda
Ospedale Maggiore Policlinico,
20154 Milan, Italy
2. Dyspnea Lab, Department of
Clinical Sciences and Community
Health, University of Milan, 20122
Milan, Italy

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Message from the Guest Editors

Sedentary behavior increases the risk for several cardiovascular and metabolic diseases. For vulnerable populations (e.g., older adults and chronic diseases), sedentarism has amplified deteriorative effects on several physiological systems. Hence, the scientific literature has been communicating strategies which would make people more active. However, the physical activity strategy should account for a clear outcome, population characteristics, environmental conditions, and participants' preferences. Thus, this challenge remains today, as one size does not fit all. This Special Issue aims to explore the bridge between ongoing physical activity/exercise strategies and therapeutic targets/overall health benefits in vulnerable populations.

This Research Topic welcomes review papers and original research regarding the following themes:

1. Breaks in the sedentary behavior and exercise promotion in chronic diseases;
2. Acute and chronic whole-body exercise and respiratory exercise strategies;
3. Environmental effects on cardiorespiratory responses and physical capacity





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RCMI Center for Urban Health
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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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MDPI, St. Alban-Anlage 66
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