



Research on Exercise and Physical Activity in Older People

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Message from the Guest Editors

Age-related physiological changes lead to decreased force and power production and increased fatigue, resulting in a significant impairment in activities of daily living, functional decline, and a subsequent reduction in the quality of life. Physical activity has been shown to positively impact health-related outcomes and quality of life both in younger and older populations. With appropriate training, older adults can reverse strength and muscle mass deficits and cardiovascular performance to younger levels and improve physical functioning, resulting in a better quality of life. Thus, more research is needed to fully elucidate the exact role of various factors in this process and define the optimal parameters of exercise and physical activity interventions in this population. The aim of this Special Issue is to advance this area by promoting applied research conducted in older adults. All types of research studies (especially cross-sectional and longitudinal original research reviews,

Special Issue



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Message from the Editor-in-Chief

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