



Advances in Personalized Exercise Prescription for Chronic Disease Prevention and Rehabilitation

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

It is well-established that regular exercise training confers numerous health and wellness benefits. Accordingly, exercise remains a central feature of prevention, rehabilitation, and other public-health-related programs. However, not all individuals respond positively to exercise. Indeed, there is considerable individual variability in training adaptations, including the phenomenon of ‘responders’ and ‘non-responders’. This variability in training responsiveness is not well-understood and may be attributable to various factors, including the absence of set definitions in the literature for responders/non-responders and a one-size-fits-all approach to exercise prescription.

This Special Issue seeks original papers on advances in personalized exercise prescription for chronic disease prevention and rehabilitation. We also welcome high-quality systematic reviews related to these matters.

Prof. Lance Dalleck
Guest Editor





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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. 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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