

## Special Issue

# Exercise and Cardiovascular Risk Factors

### 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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### Guest Editors

Dr. Simona Mandini

Dr. Gianni Mazzoni

Dr. Erica Menegatti

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### Deadline for manuscript submissions

closed (1 March 2022)



## International Journal of Environmental Research and Public Health

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## About the Journal

### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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### Editor-in-Chief

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