

Special Issue

Association between Morphological Variables and Physical Fitness with Health Status in Older People

Message from the Guest Editors

The benefits of regular physical activity practice on various health variables in older people have been widely and extensively reported in scientific evidence. Resistance training, multi-component training, walking exercise, and healthy dance are the most commonly used physical activity interventions in older people, which have reported significant increases in muscle strength of the lower and upper limbs, cardiorespiratory fitness, flexibility, agility, and dynamic balance, among others, in addition to achieving beneficial changes in physiological and psychoemotional health with adherence rates above 70%. For this Special Issue, authors are invited to submit original studies, prospective longitudinal designs, case reports, study protocols, or systematic reviews of recent work on the benefits of physical activity on health status in older people. Some subareas of interest include new physical activity strategies (e.g., adapted sports, multimodal exercise, others), functional independence, motor skills, activities of daily living, cognitive status, brain activity, health-related quality of life, institutionalization, and feasibility.

Guest Editors

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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. 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.

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