

Special Issue

Exercise in the Prevention and Treatment of Hypertension

Message from the Guest Editor

Hypertension is a major public health concern that affects over 1 billion people globally and is a primary risk factor for numerous cardiovascular diseases. Many factors contribute to hypertension risk, including but not limited to pre-hypertension, pre-existing conditions (e.g., diabetes, obesity), tobacco and alcohol use, diet, ethnicity, sex, poverty, stress, climate change, and sedentary lifestyles. Therefore, reducing the global health and economic burden of hypertension is critical. Exercise is well established as an effective treatment for hypertension and also its prevention. Traditional 'aerobic' exercise has been a favored mode of exercise to reduce blood pressure for many years. However, isometric exercise training has recently emerged as the most effective exercise mode for controlling blood pressure. Moreover, isometric exercise training may overcome barriers to more traditional modes of exercise (e.g., personal, social, economic, and environmental factors). More clarity is needed regarding the most effective mode of exercise for the prevention and treatment of hypertension.

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. 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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Editor-in-Chief

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