

## Special Issue

# Physical Activity and Exercise Training for Improving Cardiometabolic Health

### Message from the Guest Editor

A Special Issue on physical activity and exercise training to improve cardiometabolic healthcare, including arterial hypertension, insulin resistance, diabetes, and metabolic syndrome, among others (dyslipidemia and comorbidities), is being organized. As the 4th major mortality cause among all factors, physical inactivity worsens body composition and bone, cardiovascular, and metabolic health. Physical activity here also includes more specific exercise training regimes, such as moderate-intensity continuous training (MICT), high-intensity interval training (HIIT), or resistance training (RT), as well as other concurrent training (i.e., a mixture of both MICT plus HIIT, or others). As an alternative to common hypoglycemic and hypotensive pharmacotherapy, different exercise training modalities have demonstrated particular rehabilitation capacity to improve these cardiometabolic abnormalities, improving clinical health markers. Researchers and practitioners in this field are invited to send original articles, short communications, or review studies to this Special Issue.

### Guest Editor

Dr. Cristian Álvarez

Exercise and Rehabilitation Sciences Institute, School of Physical Therapy, Faculty of Rehabilitation Sciences, Universidad Andres Bello, Santiago 7591538, Chile

### Deadline for manuscript submissions

closed (31 October 2023)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/125849](https://mdpi.com/si/125849)

*International Journal of  
Environmental Research and  
Public Health*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## 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.

---

### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou  
RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)