

Special Issue

Advancing Cardiac Rehabilitation Delivery and Outcomes: Focusing on Exercise and Lifestyle

Message from the Guest Editors

This Special Issue of the Journal of Cardiovascular Development and Disease explores innovative approaches to improving cardiac rehabilitation outcomes, with particular focus on exercise and lifestyle interventions. Despite the widespread adoption of exercise-based cardiac rehabilitation as a secondary care model, poor patient accessibility, enrolment and adherence limit its patient and population impact. This collection presents novel research and clinical insights aimed at optimizing cardiac rehabilitation delivery through tailored exercise prescriptions, digital health integration, and behaviour change strategies. Successful submissions will examine the role of structured physical activity for improving cardiovascular function, reducing morbidity, and enhancing quality of life. Lifestyle modification—including nutrition, stress management, and smoking cessation—may be addressed as a critical complement to exercise-based rehabilitation.

Overall, this Special Issue will gather evidence to support the importance of holistic, patient-centred approaches in advancing the effectiveness and equity of cardiac rehabilitation worldwide.

Guest Editors

Dr. Brett Gordon

1. La Trobe Rural Health School, La Trobe University, Bendigo, VIC 3552, Australia
2. Holsworth Biomedical Research Centre, La Trobe University, Bendigo, VIC 3552, Australia

Dr. Blake Collins

Holsworth Biomedical Research Centre, La Trobe Rural Health School, La Trobe University, Bendigo, VIC 3552, Australia

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*Journal of Cardiovascular
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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcdd@mdpi.com

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About the Journal

Message from the Editor-in-Chief

The primary goal of the *Journal of Cardiovascular Development and Disease* (JCDD, ISSN 2308-3425) is to provide cardiovascular scientists a platform to publish their work in a quick and efficient way. Topics can range from studies designed to decipher the events underlying early heart development to studies focusing on the origins of congenital and acquired heart disease. Papers submitted to JCDD undergo a fast, yet thorough, peer-review process. In this process, we will apply strict ethical policies and standards. JCDD guarantees fast dissemination of results to a large scientific audience

Editor-in-Chief

Prof. Dr. Thomas Brand
National Heart & Lung Institute, Imperial College London, South
Kensington Campus, London SW7 2AZ, UK

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