

Special Issue

Advances in Clinical Exercise for Health

Message from the Guest Editors

Physical activity and structured exercise are essential components in the promotion of health, the prevention of chronic diseases, and the enhancement of physical and mental well-being. Increasing evidence highlights the effectiveness of exercise interventions across diverse populations, from athletes to individuals with chronic health conditions. Clinical exercise science offers a multidisciplinary approach that integrates assessment tools, biomechanical analysis, and personalized exercise prescription to optimize both health outcomes and performance. This Special Issue aims to explore the intersection of physical activity, clinical assessment, and real-world health applications. We welcome contributions that investigate the role of exercise in improving cardiovascular and metabolic health, preventing and managing noncommunicable diseases, supporting healthy aging, enhancing immune function, and reducing the incidence of sports-related injuries. Special emphasis will be given to translational and interdisciplinary research that bridges the gap between scientific findings and clinical or community-based interventions.

Guest Editors

Dr. Pedro Miguel Forte

1. Department of Sports, Higher Institute of Educational Sciences of the Douro, 4560-708 Penafiel, Portugal
2. Research Center for Active Living and Wellbeing (LiveWell), Instituto Politécnico de Bragança, 5300-253 Bragança, Portugal
3. Department of Sports, Instituto Politécnico de Bragança, 5300-253 Bragança, Portugal
4. CI-ISCE, ISCE Douro, 4560-708 Penafiel, Portugal

Dr. Joana Ribeiro

Department of Sports, Higher Institute of Educational Sciences of the Douro, 4560-708 Penafiel, Portugal

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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