

## Special Issue

# Clinical Insights into Physical Activity, Fitness, and Cardiovascular Health

### Message from the Guest Editor

Physical inactivity and low cardiorespiratory fitness are associated with modifiable risk factors for chronic non-communicable diseases, and are strong predictors of poor cardiovascular health. In contrast, regular physical activity improves cardiometabolic risk factors and lead to significant reduction in the risk of cardiovascular diseases. Despite the vast benefits of exercise on cardiovascular health and the importance of exercise testing in the evaluation of various aspects of health and disease, they are often underutilized in daily clinical practice as part of the approach for the evaluation, treatment, and prevention of cardiovascular disorders, as well as in risk stratification and prediction of prognosis. In this Journal Special Issue, we aim to highlight novel clinical insights regarding physical activity, exercise, and cardiorespiratory fitness in the context of cardiovascular health and disease. We look forward for receiving original research and reviews regarding the impact of cardiorespiratory fitness, exercise prescriptions, training modalities, and cardiac rehabilitation on cardiovascular disease and prognosis.

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### Guest Editor

Dr. Barak Zafrir

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### Deadline for manuscript submissions

closed (20 May 2024)



## Journal of Clinical Medicine

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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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