

Special Issue

Effects of Exercise Training on Physiological and Functional Outcomes in Age and Frailty

Message from the Guest Editors

The aging process is accompanied by declines in cardiovascular, autonomic, and neuromuscular function that contribute to frailty, reduced quality of life, and loss of independence. Exercise training remains one of the most effective interventions to counteract these age-related impairments. However, the mechanisms through which exercise enhances physiological adaptability and functional capacity in older adults, particularly those living with frailty, are still being uncovered.

This Special Issue invites original research and reviews exploring the effects of exercise training on physiological and functional outcomes across the spectrum of aging and frailty. Topics of interest include, but are not limited to, cardiovascular and autonomic regulation, neuromuscular function, hemodynamic control, metabolic adaptations, inflammatory and molecular responses, and improvements in quality of life and physical performance. Studies using clinical, experimental, or community-based approaches are welcome, as are investigations of diverse exercise modalities such as resistance, endurance, or multimodal training.

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