

Special Issue

Physical Activity, Exercise and Health: Clinical Management and Research

Message from the Guest Editors

Recent research on the impact of physical activity and exercise on health has progressed beyond traditional disease prevention, now focusing on their use as therapeutic tools in clinical settings. Studies have shown that exercise is effective in managing a range of conditions, including cancer, diabetes, and cardiovascular diseases. Moreover, the positive effects of physical activity on mental health are increasingly recognized, with integrated treatment models that incorporate exercise becoming more prevalent. However, clear guidelines on how to effectively apply these findings in clinical practice remain lacking. Additionally, follow-up studies are necessary to confirm the long-term health benefits of these interventions, and further exploration is required to understand how physical activity and exercise can inform public health policies. This Special Issue invites studies on new exercise interventions and prescription programs designed for clinical populations, physical activity and health programs for women and the elderly, and interdisciplinary research that integrates exercise science with related fields.

Guest Editors

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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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