

Special Issue

New Insights into Exercise Intervention for Aging and Geriatric Diseases: 2nd Edition

Message from the Guest Editor

Reductions in exercise and physical activity related to advanced aging are known to lead to physical deconditioning and increased risks of geriatric syndromes such as sarcopenia, cognitive decline, mood disorders, frailty, and dependency. Fortunately, over the last decade, many clinical and interventional studies with large prospective cohorts have been conducted, and the outcomes suggest that exercise interventions may be a useful clinical strategy to improve health and functional outcomes for those with geriatric diseases.

Emerging evidence increasingly supports the notion that advancements in digital therapeutic exercises and rehabilitation techniques, including the utilization of wearable devices, fitness trackers, sensors, and virtual reality, could significantly enhance healthcare systems and augment the sustainability of exercise and physical activity programs tailored to the elderly population. This Special Issue will focus on new insights into effective exercise intervention approaches to delay aging and the onset of diseases associated with advanced aging.

Guest Editor

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