

## Special Issue

# Physical Activity and Exercise in Health of Older People: Current Updates and Perspectives

### Message from the Guest Editors

Sedentary behaviour is a relevant risk factor for poor health in older adults. Moreover, increasing research is showing that physical activity could be beneficial for cardiovascular, metabolic, and respiratory health in the elderly. Furthermore, we have relevant research reporting the importance of physical activity for brain health, e.g. for dementia and mild cognitive impairment. Finally, very recent research is reporting that physical activity is important for COVID-19 rehabilitation. Given this background, with this special issue, we would like to further stress the importance of physical activity for health in older people through original articles and reviews proposed by the most authoritative authors in this field.

*Please click [here](#) to find information!  
Welcome to contribute!*

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### Guest Editors

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### Deadline for manuscript submissions

closed (12 December 2023)



## 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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