

Special Issue

Effects of Exercise Training on Cardiovascular Risks Factors in Primary and Secondary Prevention

Message from the Guest Editor

Physical activity plays a crucial role in managing cardiovascular diseases by addressing risk factors like diabetes, hypertension, and obesity. While exercise is widely used as a population-level intervention, there is a growing need for individualized training protocols that consider patients' unique characteristics and risk profiles.

Key knowledge gaps remain in optimizing exercise for cardiovascular risk reduction. These include determining the best exercise formats, dose-effect responses across age groups and genders, and identifying effective exercise doses for managing multiple risk factors simultaneously. Additionally, short, daily exercise sessions that fit into patients' routines may improve adherence, but further research is needed. Studies exploring interactions between exercise and newer cardiovascular drugs are also lacking. Furthermore, women, elderly, and frail patients are underrepresented in exercise trials.

This Special Issue will feature original research, reviews, and meta-analyses that address the latest developments on exercise's impact on cardiovascular risk factors.

Guest Editor

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