

Special Issue

Improving Cardiovascular Health Through Physical Activity and Exercise

Message from the Guest Editor

This Special Issue aims to explore the multifaceted role of physical activity and structured exercise in the prevention, management, and rehabilitation of cardiovascular diseases. Emphasizing both clinical and mechanistic perspectives, this issue invites contributions that address how various forms of exercise influence cardiovascular risk factors, vascular biology, autonomic regulation, and long-term outcomes across diverse populations. Topics of interest include—but are not limited to—the effects of exercise on endothelial function, lipid metabolism, blood pressure regulation, inflammatory pathways, cardiac remodeling, and angiogenesis. Moreover, potential topics include the applications of recent technological innovations, particularly artificial intelligence (AI), in the field of cardiovascular prevention and rehabilitation. This issue also welcomes original research, systematic reviews, meta-analyses, and expert commentaries examining exercise prescription in different clinical contexts and among special populations such as the elderly, individuals with comorbidities, or those undergoing cardiac rehabilitation.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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