

Special Issue

Exercise and Aging

Message from the Guest Editors

Exercise and physical activity are potent strategies for the prevention and treatment of chronic disease and disability in older adults. A robust literature including observational and empirical studies supports the role of physical activity and physical fitness as modulators of biological aging, disease expression, and optimization of functional independence and mental health and well-being across the lifespan. However, all exercise is not alike, and the efficacy of this intervention is dependent upon the modality and dose applied, as well as the specific genetic and phenotypic characteristics of the cohort in some cases. In this issue, we will highlight new evidence about the unique role of exercise as related to aging, chronic disease, frailty, longevity, and optimal performance. We welcome submissions related to this topic including basic laboratory as well as applied clinical and epidemiological investigations.

Guest Editors

Prof. Dr. Maria A. Fiatarone Singh

Prof. Dr. Clark Dickin

Dr. Brach Poston

Deadline for manuscript submissions

closed (31 July 2018)



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Message from the Editor-in-Chief

Editor-in-Chief

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