

Special Issue

Move to Thrive: Pioneering Health and Resilience Through Physical Activity

Message from the Guest Editors

Physical activity optimizes metabolic health, regulates inflammation, and reduces the risk of chronic conditions such as diabetes, osteoporosis, and various cancers. In addition, physical activity also enhances cognitive function, emotional well-being, and musculoskeletal dynamics, fostering inclusive vitality across diverse populations. Yet, the full potential of movement remains largely untapped. This special issue, co-curated with experts in preventive medicine, anatomical sciences, and sports medicine, seeks to explore these groundbreaking questions to redefine health strategies. We invite submissions with interesting topics, including but not limited to: Metabolic and inflammatory pathway modulation by exercise. Innovative interventions for chronic disease prevention and management. Exercise-induced immune system enhancement and its clinical implications. Biomechanical and anatomical adaptations resulting from physical activity. Physical activity in unique populations. Environmental and regional influences on the efficacy of exercise-based interventions. We look forward to your innovative contributions!

Guest Editors

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Message from the Editor-in-Chief

Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

Editor-in-Chief

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