

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

Dr. Silvana Mirella Aliberti
Prof. Dr. Franca Di Meglio
Dr. Daria Nurzynska

Deadline for manuscript submissions

30 June 2026



Life

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 6.0
Indexed in PubMed



mdpi.com/si/237155

Life
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
life@mdpi.com

[mdpi.com/journal/
life](https://mdpi.com/journal/life)





Life

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 6.0
Indexed in PubMed



[mdpi.com/journal/
life](https://mdpi.com/journal/life)



About the Journal

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

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona
Institute of Science and Technology, 08028 Barcelona, Spain

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)