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Physical Activity and Physical Fitness in the Prevention and Control of Non-Communicable Diseases

Guest Editor:

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Deadline for manuscript submissions:

closed (31 March 2019)

Message from the Guest Editor

Dear Colleagues,

Non-communicable diseases (NCDs), such as cardiovascular diseases, cancers, chronic respiratory diseases, mental illness and diabetes are responsible for almost 70% of all deaths worldwide. Physical inactivity is known to be one of the main factors behind the rise in NCDs and recent research has also linked physical fitness with NCDs. Advances in techniques and new devices have been crucial to better understand how being physically active and fit contribute to current and future health. Therefore, the purpose of this Special Issue is to highlight the role of physical activity and physical fitness in the prevention and control of NCD.

Dr. Luis Gracia-Marco

Guest Editor



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Special Issue



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