

## Special Issue

# Towards Exercise and Physical Activity for Elderlies Quality of Life

### Message from the Guest Editors

Physical activity and exercise programs have a positive impact on functional and physical fitness, body composition, independence, and psychosocial status in the elderly population, which is important for their health. The risk and fear of falling is a major topic of debate, and it is linked to functional fitness and psychological issues. Exercises, training programs, and recommendations for the physical activity must be simple to implement. Aerobic exercises to improve endurance, resistance exercises, and flexibility exercises are typically mentioned in the recommendations. Determining the type of training that will have a positive impact on physical fitness and quality of life is difficult but critical. The purpose of this Special Issue is to present the effects of various interventions on the functional and physical fitness levels, body composition, independence, and health of the elderly. We invite authors to submit articles related to these topics.

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### Deadline for manuscript submissions

closed (20 April 2023)



## Medicina

an Open Access Journal  
Published by MDPI

Impact Factor 2.4  
CiteScore 4.1  
Indexed in PubMed



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