

Special Issue

Effects of Sport Activities on Physical and Mental Health of Older Adults

Message from the Guest Editor

Reductions in exercise and physical activity levels related to aging are known to lead to a variety of physical and mental health problems. In recent years, several studies have shown that the practice of physical exercises can be a useful clinical strategy to improve physical and mental health in aging, reducing symptoms of depression, stress, anxiety, while improving the feeling of well-being and the quality of life. Although the positive effects of physical activity have been studied in the general population, the impact of exercise on physical and mental health in aging is still unclear. Low long-term adherence to currently available exercise interventions may blunt clinically meaningful exercise outcomes. As such, new insights may improve exercise interventions used to prevent and treat conditions related to physical and mental health in aging. Therefore, this Special Issue aims to publish studies (original investigations and review articles) that bring new insights into effective exercise intervention approaches to prevent or treat conditions associated with physical and mental health in healthy and pathological aging.

Guest Editor

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