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Cardiac Rehabilitation

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Cardiac rehabilitation is widely considered an important and often essential step in reducing the burden associated with cardiovascular disease in contemporary society. Patients that engage in formal supervised and unsupervised cardiac rehabilitation programs have consistently been shown to reduce the risk for premature mortality and chronic disease, while improving their overall health and well-being. Over the past 10 years, there have been marked advancements in the field of cardiac rehabilitation supporting the importance of adopting healthy lifestyle behaviours in the primary and secondary prevention of cardiovascular disease and other related chronic medical conditions. In this present Special Issue we will examine more closely recent innovations and advancements in cardiac rehabilitation. We will also evaluate the current evidence regarding the ability of cardiac rehabilitation to reduce the risk for chronic disease and premature mortality and to improve health and wellness.

Prof. Dr. Darren Warburton
Guest Editor

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Special Issue

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