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Effect of Exercise on Cardiovascular System

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Deadline for manuscript submissions:
closed (20 March 2022)

Message from the Guest Editors

Over recent decades, considerable research effort has been expended studying the cardiovascular effects of physical exercise. There is a general consensus that physical exercise can be both a preventive and therapeutic tool against cardiovascular risk; however, the exact mechanisms by which exercise promotes cardiorespiratory fitness and decreases cardiovascular risk are not fully elucidated. Among exercise-induced mechanisms, changes in mitochondrial function as well as restoration and improvement of vasculature are major contributors to cardiovascular health. In the vasculature, nitrogen monoxide (NO) and carbon monoxide (CO) possess anti-inflammatory, vasodilatory, and platelet inhibitory effects. Thus, their role is crucial to the maintenance of cardiovascular homeostasis. Furthermore, myokines released from skeletal muscle during physical exercise also mediate systemic and cardiovascular protective mechanisms.<false,>As Guest Editors, we invite you to contribute to this Special Issue on the Effect of Exercise on the Cardiovascular System. Original research papers and review articles will be published online in the journal Applied Sciences.

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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