



Exercise Interventions and Testing for Effective Health Promotion

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Message from the Guest Editors

This Special Issue aims to highlight the importance of health screening-testing, as well as the efficiency of different physical activity and exercise intervention programs in the promotion of physical and mental health and, consequently, the prevention and rehabilitation of different chronic diseases.

We are pleased to invite you to contribute to our Special Issue by presenting your work on healthy populations or on individuals of different ages (children, adolescents, adults and elderly individuals) with chronic diseases, including original articles, case studies, reviews (scoping, narrative, systematic, etc.) or meta-analyses.

We look forward to receiving your contributions to our Special Issue entitled: “Exercise Interventions and Testing for Effective Health Promotion”.





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Editor-in-Chief

Message from the Editor-in-Chief

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