



healthcare



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Effects of Prescribed Exercise and Physical Activity Interventions on Health Indices and Disease Improvement

Guest Editor:

Dr. Petros Dinas

FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, 42100 Trikala, Greece

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Message from the Guest Editor

It is well known that exercise promotes physiological responses that benefit human health. However, studies that include interventions of exercise and physical activity on humans may not always agree in their findings, even when similar populations are involved. Therefore, robust outcomes are needed. A systematic review and meta-analysis method is an optimal vehicle to synthesize the evidence, to form firm conclusions putting them in perspective with the quality of the available evidence. The current Special Issue aims to accumulate the available evidence, to be used in practice and provide valuable information to improve human health.



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Special Issue



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Editor-in-Chief

Message from the Editor-in-Chief

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Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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