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## Exercise and Its Role in Health and Disease

Guest Editor:

**Dr. Antonia Kaltsatou**

FAME Lab., Department of  
Physical Education and Sport  
Sciences, University of Thessaly,  
42100 Trikala, Greece

Deadline for manuscript  
submissions:

**closed (5 May 2024)**

### Message from the Guest Editor

It is well known that physical activity and exercise are the best medications to prevent disease and reverse its symptoms, as well as to improve the physical and mental health and functionality of people suffering from chronic diseases. The main aim of this Special Issue is to publish high-quality, multi-disciplinary research relating to exercise and its role in health and disease through original research and systematic reviews from all sports and health disciplines.



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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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