



Acute and Chronic Adaptations to Exercise and Complementary Interventions

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Message from the Guest Editors

Dear Colleagues,

The forthcoming Special Issue of *Healthcare* aims to cover all aspects of exercise adaptations and welcomes submissions that discuss the response to acute exercise and the adaptation to exercise training programs from the molecular and cellular level to individual systems, extending to the integrated multi-systemic response of the intact organism in both humans and animals. This topic may also include research on sports, nutritional intervention, physical activity, and health initiatives, as well as complementary interventions related to performance and recovery, including (but not limited to) photobiomodulation, cryotherapy, and massage. This Special Issue seeks commentaries, original research, short reports, and reviews on challenges in health systems focused on this field.

- athletes
- patients
- prevention
- performance
- exercise intervention
- nutritional intervention
- complementary intervention



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Message from the Editor-in-Chief

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