



Exercise Testing and Prescription Strategies to Improve Quality of Life

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Message from the Guest Editors

This Special Issue of *Healthcare* focuses on lifestyle and physical activity as a reference for improving quality of life and increasing years of life for older people. As the life expectancy of the population continues to increase, a central concern is whether this added time comprises years of healthy life and promotes a high health-related quality of life in old age. However, physical activity should be performed from a young age to contribute to a better healthy living state.

The aim of this Special Issue is to update information on exercise testing and prescription to provide new and effective strategies to improve quality of life. The present Special Issue welcomes original research and systematic reviews. We hope that this Special Issue will provide relevant information to apply highly effective strategies to the training process to improve or maintain life quality among people in general, and people with morbidities in particular.



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Editor-in-Chief

Message from the Editor-in-Chief

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