



Exercise as Medicine in Chronic Conditions

Guest Editor:

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Message from the Guest Editor

Physical exercise is essential to improve both physical fitness and health-related quality of life. This type of therapy has been shown to have a multitude of benefits in many diseases and plays a key role in today's society due to the awareness and demonstration of the positive aspects that physical exercise provides. Traditionally, physical exercise was associated with people improving their physical appearance or was related to military aspects. However, over time, the advantages and benefits of physical exercise programs have been proven; they are considered therapies, benefitting aspects that are affected by different chronic diseases. We invite authors to submit papers on these topics for publication in this Special Issue, especially those that combine a high academic level with a practical approach to provide papers related to physical exercise in chronic diseases and their benefits in terms of physical condition and health-related quality of life. The following formats are accepted: study protocols, longitudinal studies, cross-sectional studies, case reports, qualitative studies, and all types of reviews.





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Editor-in-Chief

Message from the Editor-in-Chief

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