



Health Promotion in Older Adults—Physical Activity/Exercise/Wearable Device

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Deadline for manuscript
submissions:
closed (31 March 2024)

Message from the Guest Editor

Health promotion is one of the keys to successful aging, both in healthy and disabled individuals. In order to provide safe and effective health promotion interventions for older adults, it is important for practitioners who are involved in the long-term care of patients, especially experts in rehabilitation, nursing, and exercise sciences, to develop adequate assessment tools or expand the application of the available assessments, and to establish evidence-based exercise protocols.

This Special Issue will mainly focus on research related to exploring physical assessment methods and establishing effective exercise programs for older adults with or without chronic diseases. This Special Issue is seeking original articles, systematic reviews and meta-analyses. The suggested topic areas include, among others, the following:

- health promotion
- exercise
- physical activity
- older adults
- physical assessment
- cognitive assessment
- wearable device





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Editor-in-Chief

Message from the Editor-in-Chief

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