



Community-Based Physical Activity Interventions for Middle Aged and Older Populations: Good and Innovative Practices in the COVID-19 Era and Beyond

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Message from the Guest Editors

During the COVID-19 pandemic, the need for social distance resulted in lifestyle changes and altered social behaviour. Several studies proved that the period of confinement affected the physical and mental health of several populations. In addition, there has been much discussion of the health factors that have rendered some specific subgroups or health conditions more vulnerable to the effects of COVID-19, including people with overweight and obesity, sarcopenia, cardiometabolic diseases, autoimmune diseases, etc. Despite the importance of these subgroups, individuals with high sedentary behaviours or those with low levels of physical activity were also identified as more susceptible to the adverse effects of the disease. This global event caused abrupt physical inactivity, which is associated with not only a decrease in skeletal muscle mass, but also a loss of strength, which is an independent risk factor for mortality.

We invite all colleagues and research groups to submit studies on innovative interventions involving physical activity, exercise, and other related schemes developed during the COVID-19 era and beyond.





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Editor-in-Chief

Message from the Editor-in-Chief

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