

# Special Issue

## Exercise Science and Health Promotion

### Message from the Guest Editor

This Special Issue aims to (1) examine factors influencing the feasibility, acceptability, and sustainability of exercise and PA interventions in specific populations; (2) investigate the impacts of these interventions on lifestyle behaviors, physical and cardiometabolic health, cognitive and physical functions, and mental health and wellbeing in both the general population and special populations; and (3) explore the physiological aspects that contribute to participants' responses and intervention outcomes in these populations.

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### Guest Editor

Dr. Weiyun Chen

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### Deadline for manuscript submissions

closed (20 May 2026)



## Healthcare

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Impact Factor 2.7  
CiteScore 5.5  
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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

*Healthcare* hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

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### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
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#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 22.4 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2025).