



## Autonomic Modulation and Vascular Function in Relation to Aerobic and Resistance Exercise

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### Message from the Guest Editors

Dear Colleagues,

Regular exercise is associated with numerous health benefits, including improved aerobic and muscular fitness, reduced all-cause mortality, and decreased risk for the development of chronic disease (e.g., cardiovascular disease (CVD), type 2 diabetes). The physiological mechanisms responsible for the reduction in CVD risk with exercise are not fully understood, but alterations in autonomic modulation and vascular function may contribute. Therefore, additional evidence is needed to further understand the effects of exercise, aerobic and resistance, on autonomic modulation and vascular function.

Prof. Dr. J. Derek Kingsley  
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*Guest Editors*





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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