



Exercise and Cardiovascular Health/Disease

Guest Editor:

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Message from the Guest Editor

We are organizing a Special Issue on the impact of exercise intervention on cardiovascular health/disease, which is to be published in the *IJERPH*.

Improving cardiovascular health/disease is an important issue for public health. Exercise is a well-known, non-pharmacological strategy for reducing cardiovascular risk factors and ameliorating cardiovascular disease. Different exercise interventions, including endurance and resistance training, have been suggested to elicit multiple beneficial effects on cardiovascular function. Additionally, they can reduce physiological markers of cardiovascular disease, such as high blood pressure, arterial stiffness, and autonomic cardiovascular damage. A broader understanding of the influence of exercise intervention on cardiovascular health/disease would contribute to improving public health.

This Special Issue is open to any subject area related to the impacts of exercise intervention on cardiovascular health/disease. The listed keywords suggest just a few of the many possibilities





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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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