



Functional Evaluation and Exercise Prescription in Chronic Diseases

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Message from the Guest Editors

The literature clearly demonstrates that cardiorespiratory fitness is a main predictor for patients' all-cause mortality risk and that physical exercise training is one of the most important medical treatment options we have for different chronic diseases. However, in a real-world setting and in clinical routine, the "exercise pill" still remains an unfilled prescription. Moreover, this medical therapy must be individually prescribed with regard to training modality, intensity, dosage, and frequency, just as with drug prescriptions. Thus, specific professional education and training is needed to perform adequate functional evaluations and subsequent exercise training prescription. Furthermore, the aging of society, the increasing prevalence of chronic diseases, and the economical need for cost-effective treatment modalities will lead to a huge request for medical professionals who engage in the prevention and cost-saving treatment of chronic diseases. Thus, functional evaluation and exercise prescription will become more and more important in the future, because physical exercise training is an important pillar of an evidence-based disease prevention strategy.





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Message from the Editor-in-Chief

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