



Association between Morphological Variables and Physical Fitness with Health Status in Older People

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Deadline for manuscript submissions:
closed (30 October 2023)

Message from the Guest Editors

Dear Colleagues,

The benefits of regular physical activity practice on various health variables in older people have been widely and extensively reported in scientific evidence. Resistance training, multi-component training, walking exercise, and healthy dance are the most commonly used physical activity interventions in older people, which have reported significant increases in muscle strength of the lower and upper limbs, cardiorespiratory fitness, flexibility, agility, and dynamic balance, among others, in addition to achieving beneficial changes in physiological and psychoemotional health with adherence rates above 70%. For this Special Issue, authors are invited to submit original studies, prospective longitudinal designs, case reports, study protocols, or systematic reviews of recent work on the benefits of physical activity on health status in older people. Some subareas of interest include new physical activity strategies (e.g., adapted sports, multimodal exercise, others), functional independence, motor skills, activities of daily living, cognitive status, brain activity, health-related quality of life, institutionalization, and feasibility.





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Message from the Editor-in-Chief

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