



Active Ageing as a Way of Life

Guest Editor:

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Deadline for manuscript
submissions:

closed (30 May 2023)

Message from the Guest Editor

Dear Colleagues,

Western Europe has one of the oldest populations in the world, due to an increase in life expectancy.

Promoting regular physical activity is one of the main non-pharmaceutical measures to improve the health of older people, who often show a low rate of physical activity. Older people reporting higher levels of illness or chronic health problems show severe difficulty walking unaided and going up and down stairs. Indeed, gait performance is an important biomarker of health in this population. Thus, this Special Issue plans to give an overview of the most recent advances in the field of active ageing, mainly changes in the essential physiological systems (e.g., locomotor, cardiovascular and respiratory systems). Therefore, this Special Issue aims to provide an update on improvements in health, well-being and quality of life in older adults.

We welcome different types of manuscript submissions, including original research articles and up-to-date reviews.

Dr. Jerónimo Aragón Vela

Guest Editor





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Message from the Editor-in-Chief

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