



Exercise as Prescription in Non-communicable Chronic Diseases and in Athletes

Guest Editor:

Dr. Laura Stefani

Sport Medicine Center,
Department of Experimental and
Clinical Medicine, University of
Florence, 50121 Florence, Italy

Deadline for manuscript
submissions:

closed (30 March 2023)

Message from the Guest Editor

The prescription of exercise is a new field of interest in the sports medicine discipline, aiming to restore normal lifestyles and to prolong survival in populations such as previous cancer or transplant patients. The continuation of frailty and the elevated risk of cardiovascular disease in these populations, despite undergoing pharmacological or surgical treatment, are the main reasons why individualized exercise prescription programs are used.

This aspect is also important for some professional athletes with comorbidities, which must be addressed in order for these athletes to have good lifestyles and healthy behaviours, including nutritional aspects.

Many strategies can be recommended for appropriate and specific training in all individuals. Authors are invited to submit papers regarding exercise evaluation and prescriptions in patients, healthy subjects, and athletes undergoing exercise prescription therapy. Additionally, studies that use instrumental non-invasive investigations to evaluate the potential cardiotoxicity of subjects enrolled in a program, such as echocardiographic examinations or heart rate variability tests, can be included in this SI.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI