



Is Exercise the Best Medicine during the COVID-19 Pandemic? Latest Insights and Research Perspectives

Guest Editor:

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Deadline for manuscript
submissions:

closed (30 November 2021)

Message from the Guest Editor

Highly contagious nature of COVID-19 has limited our ability to continue exercising indoors (i.e., in gyms and studios) or in group settings (i.e., team sport activities). Moreover, excessive and/or intense competitive exercise has been shown to negatively affect immune function, which may exacerbate infection, including with SARS-CoV-2. The question of whether exercise – particularly the resumption of competitive sports – is healthy during the COVID-19 pandemic remains a (hot) topic of contention and warrants further investigation. Thus, this Special Issue will address key issues surrounding: 1) the safety of sport as well as exercise during the current COVID-19 pandemic; 2) the utility of wearable technology and screening measures to predict and detect COVID-19 infection; and 3) the pandemic's effect on exercise habits, physical, mental, and metabolic health. Limited pilot data are welcome in this Special Issue, acknowledging the ongoing limitations of data collection on human subjects during intermittent COVID-19 lockdowns, mask usage, and social distancing restrictions.





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Message from the Editor-in-Chief

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