



Physical Activity and Exercise Training for Improving Cardiometabolic Health

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Message from the Guest Editor

A Special Issue on physical activity and exercise training to improve cardiometabolic healthcare, including arterial hypertension, insulin resistance, diabetes, and metabolic syndrome, among others (dyslipidemia and comorbidities), is being organized.

As the 4th major mortality cause among all factors, physical inactivity worsens body composition and bone, cardiovascular, and metabolic health. Physical activity here also includes more specific exercise training regimes, such as moderate-intensity continuous training (MICT), high-intensity interval training (HIIT), or resistance training (RT), as well as other concurrent training (i.e., a mixture of both MICT plus HIIT, or others).

As an alternative to common hypoglycemic and hypotensive pharmacotherapy, different exercise training modalities have demonstrated particular rehabilitation capacity to improve these cardiometabolic abnormalities, improving clinical health markers.

Researchers and practitioners in this field are invited to send original articles, short communications, or review studies to this Special Issue.





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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.

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