



Advances in Clinical Practice and Research of Cardiovascular Disease: The Role of Physical Activity

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Deadline for manuscript
submissions:

closed (28 February 2023)

Message from the Guest Editors

The World Health Organization and many countries have developed physical activity guidelines due to the overwhelming evidence supporting the health benefits not only in apparently healthy individuals but also in patients with documented cardiovascular disease. In this Special Issue, we aim to gather manuscripts including reviews, original research, and meta-analyses on the role of physical activity in clinical practice and research of cardiovascular disease—a group of heart and blood vessel disorders that contribute to the majority of mortality globally. We welcome articles providing new insights into:

The impact of physical fitness on cardiovascular diseases;

The impact of resistance activity or aerobic activity on cardiovascular diseases;

New tools for clinical assessment of cardiorespiratory fitness;

Incorporating physical activity into patients' electronic health records;

Exercise experimental studies in populations with cardiovascular diseases;

Impact of physical activity, exercise, and fitness on COVID-19 and its outcomes;

Mechanisms for the potential benefits of physical activity and fitness, as well as other related topics.





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Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's (JCM)* staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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