New Insights into Exercise Intervention for Aging and Geriatric Diseases

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Message from the Guest Editors

Reductions in exercise and physical activity related to advanced aging are known to lead to physical deconditioning and increased risks of geriatric syndromes such as sarcopenia, cognitive decline, mood disorders, frailty, and dependency. The low sustainability of currently available exercise interventions (long-term adherence) may attenuate the clinically meaningful outcomes of long-term exercise. Therefore, it is imperative to develop effective exercise interventions that promote physical activity and are sustainable. A growing body of evidence suggests that improvements in digital therapeutic exercise and rehabilitation approaches such as wearable devices, fitness trackers, sensors, and vitual reality may advance healthcare systems and improve the sustainability of exercise and physical activity programs for the elderly. Such technological advances may enhance exercise interventions used to manage and treat geriatric diseases. The current Special Issue will focus on new insights into effective exercise intervention approaches to delay aging and the onset of diseases associated with advanced aging.

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