



an Open Access Journal by MDPI

Exercise and Aging

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Deadline for manuscript
submissions:

closed (31 July 2018)

Message from the Guest Editors

Dear Colleagues,

Exercise and physical activity are potent strategies for the prevention and treatment of chronic disease and disability in older adults. A robust literature including observational and empirical studies supports the role of physical activity and physical fitness as modulators of biological aging, disease expression, and optimization of functional independence and mental health and well-being across the lifespan. However, all exercise is not alike, and the efficacy of this intervention is dependent upon the modality and dose applied, as well as the specific genetic and phenotypic characteristics of the cohort in some cases. In this issue, we will highlight new evidence about the unique role of exercise as related to aging, chronic disease, frailty, longevity, and optimal performance. We welcome submissions related to this topic including basic laboratory as well as applied clinical and epidemiological investigations.

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mdpi.com/si/13163

Special Issue