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Exercise Discussion in the Cardiovascular Field

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Deadline for manuscript
submissions:

31 July 2024

Message from the Guest Editor

Dear Colleagues,

We are organizing a Special Issue of *Life*, with the aim of collating international, peer-reviewed and open access scientific studies related to fundamental themes in life sciences, from basic to applied research. For detailed information on the journal, please refer to <https://www.mdpi.com/journal/life/>.

Exercise has been known to alleviate most cardiovascular risk factors and improve cardiovascular health, especially for those with chronic diseases and the aging population. According to the ACSM recommendations, moderate- or vigorous-intensity aerobic exercise, as well as physical activities that maintain or increase muscular strength and endurance, are suggested for people of all ages and special populations. Exploration of the influences from various types or strategies of exercise on cardiovascular health should be discussed for improving the overall health care. This Special Issue is open to any subject area related to the influence of exercise in the cardiovascular field. The listed keywords suggest just a few of the many possibilities.



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Special Issue



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Message from the Editor-in-Chief

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