Training Strategies and Functional Assessment for a Successful Aging

Guest Editors:

Dr. Giuseppe Marcolin
Department of Biomedical Science, University of Padova, 35131 Padova, Italy

Dr. Tatiana Moro
Department of Biomedical Science, University of Padova, 35131 Padova, Italy

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Message from the Guest Editors

With the continuous increase in life expectancy, successful aging is the goal of several professional figures working with older adults. Successful aging is a multifaceted concept, including, among many, the maintenance of physical abilities to guarantee the highest level of independence in daily life activities. In this context, physical activity plays a crucial role, having short-term positive benefits (e.g., improving glycemic control, reducing stress, and enhancing social integration), but also long-term positive effects (e.g., increasing muscle strength, cardiovascular capacity, postural control, and flexibility). The assessment of the effects of these training protocols is crucial to verify the achievements of the proposed goals to promote personalization of exercises. The aim of this Special Issue is to provide an overview of the efficacy of the latest training strategies applied to older adults' needs, which could spur a vertical advancement in the field of adapted physical activity.

Dr. Giuseppe Marcolin
Dr. Tatiana Moro
Guest Editors

Special Issue

Editor-in-Chief

Prof. Dr. Edgaras Stankevičius
Medical Academy, Lithuanian
University of Health Sciences,
Kaunas, Lithuania

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