



Effects of Home-Based Exercise Rehabilitation Program

Guest Editor:

Dr. Laura Stefani

Sport Medicine Center,
Department of Experimental and
Clinical Medicine, University of
Florence, 50121 Florence, Italy

Deadline for manuscript
submissions:

closed (31 January 2021)

Message from the Guest Editor

The topic of this Special Issue is exercise prescription in chronic diseases—one of the most important fields of research interest in sports medicine. Particularly, the “home-based programs” are addressed to restore a correct lifestyle in order to reduce the negative impact of the cardiovascular risk factors, particularly in non-communicable chronic disease. This is possible in an unsupervised form by planning and allowing exercise programs, with the exclusion of constant exercise supervision, avoiding an excessive medicalization. Many strategies can be advised for appropriate and specific training in all individuals. Authors are invited to submit papers about exercise evaluation and prescription in patients, healthy subjects, and athletes submitted to exercise prescription therapy.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Steve W. Lyon

School of Environment and
Natural Resources, Ohio State
University, Columbus, OH 43210,
USA

Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international open access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. The journal publishes original research articles, reviews, conference proceedings (peer reviewed full articles) and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

Author Benefits

Open Access: free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

High Visibility: indexed within [Scopus](#), [SCIE](#) and [SSCI \(Web of Science\)](#), [GEOBASE](#), [GeoRef](#), [Inspec](#), [RePEc](#), [CAPlus / SciFinder](#), and [other databases](#).

Journal Rank: JCR - Q2 (Environmental Studies) / CiteScore - Q1 (Geography, Planning and Development)

Contact Us

Sustainability Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/sustainability
sustainability@mdpi.com
[X@Sus_MDPI](https://twitter.com/Sus_MDPI)