



Effects of Home-Based Exercise Rehabilitation Program

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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.





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