



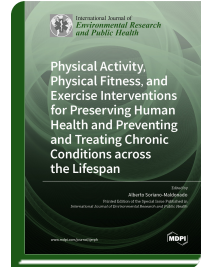
Special Issue Reprint

Physical Activity, Physical Fitness, and Exercise Interventions for Preserving Human Health and Preventing and Treating Chronic Conditions across the Lifespan

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Edited by
Alberto Soriano-Maldonado

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This Special Issue focuses on the influence of fitness and physical activity and the effects of exercise interventions on human health- and disease-related outcomes. This includes, but is not restricted to, the following article types:

- Observational studies assessing the association of physical fitness (alone or in combination with other risks/protective factors) with health- and disease-related outcomes.
- Observational studies assessing the association of physical activity (alone or in combination with other lifestyle behaviors) with health- and disease-related outcomes. *This includes studies assessing physical activity through either objective or subjective means.*
- Experimental studies assessing the effects of exercise interventions (alone or in combination with other interventions) on health- and disease-related outcomes across the lifespan.
- Systematic reviews and meta-analyses on the above-mentioned topics are also welcome.



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