



Acute and Chronic Adaptations to Exercise and Complementary Interventions

Guest Editors:

Prof. Dr. Filippo Macaluso

Department of SMART
Engineering Solutions &
Technologies, eCampus
University, 22060 Novedrate, Italy

Dr. Daniel Marinho

Department of Sport Sciences,
University of Beira Interior, 6201-
001 Covilhã, Portugal

Prof. Dr. Andreo Fernando Aguiar

Center of Research in Health
Sciences, North University of
Paraná (UNOPAR), Avenue Paris,
86041-120 Londrina, Brazil

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Message from the Guest Editors

Dear Colleagues,

The forthcoming Special Issue of *Healthcare* aims to cover all aspects of exercise adaptations and welcomes submissions that discuss the response to acute exercise and the adaptation to exercise training programs from the molecular and cellular level to individual systems, extending to the integrated multi-systemic response of the intact organism in both humans and animals. This topic may also include research on sports, nutritional intervention, physical activity, and health initiatives, as well as complementary interventions related to performance and recovery, including (but not limited to) photobiomodulation, cryotherapy, and massage. This Special Issue seeks commentaries, original research, short reports, and reviews on challenges in health systems focused on this field.

- athletes
- patients
- prevention
- performance
- exercise intervention
- nutritional intervention
- complementary intervention



Prof. Dr. Filippo Macaluso
Prof. Dr. Daniel Almeida Marinho
Prof. Dr. Andreo Fernando Aguiar



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Editor-in-Chief

Dr. Rahman Shiri

Finnish Institute of Occupational
Health, FI-00032 Työterveyslaitos,
Finland

Message from the Editor-in-Chief

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Healthcare Editorial Office
MDPI, St. Alban-Anlage 66
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