



Exercise-Based Strategies to Fight Metabolic Diseases

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Message from the Guest Editor

Physical exercise interventions have been shown to positively affect patients with metabolic diseases by improving their glycemic control, lipid metabolism, cardiovascular health, and well-being. Identifying sustainable therapeutic approaches to treat metabolic diseases as efficiently as possible poses one of many challenges. New effective strategies that can enhance adaptations and increase patients' adherence to exercise programs are strongly sought after.

This Special Issue, "Exercise-Based Strategies to Fight Metabolic Diseases", aims to provide insights into innovative training concepts to manage metabolic diseases and their complications.

Authors are encouraged to submit papers on innovative training strategies in this field. Pioneering pilot studies may also be accepted for publication as well as state-of-the-art reviews.

Potential topics include but are not limited to:

- Whole body vibration training;
- Exergaming;
- Hypoxia/hyperoxia training;
- Electrical myostimulation (EMS) training;
- Blood flow restriction training;
- Use of wearable technology.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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