



Clinical Insights into Physical Activity, Fitness, and Cardiovascular Health

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Message from the Guest Editor

Physical inactivity and low cardiorespiratory fitness are associated with modifiable risk factors for chronic non-communicable diseases, and are strong predictors of poor cardiovascular health. In contrast, regular physical activity improves cardiometabolic risk factors and lead to significant reduction in the risk of cardiovascular diseases.

Despite the vast benefits of exercise on cardiovascular health and the importance of exercise testing in the evaluation of various aspects of health and disease, they are often underutilized in daily clinical practice as part of the approach for the evaluation, treatment, and prevention of cardiovascular disorders, as well as in risk stratification and prediction of prognosis. In this Journal Special Issue, we aim to highlight novel clinical insights regarding physical activity, exercise, and cardiorespiratory fitness in the context of cardiovascular health and disease. We look forward for receiving original research and reviews regarding the impact of cardiorespiratory fitness, exercise prescriptions, training modalities, and cardiac rehabilitation on cardiovascular disease and prognosis.





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