



Physical Activity, Cardiorespiratory Fitness, Respiratory Infections, COVID-19, and “Long COVID”

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Message from the Guest Editor

Evidence from observational and intervention studies demonstrates that sustained periods of physical activity, participation in regular exercise, or higher levels of cardiorespiratory fitness modify the risk of cardiorespiratory, metabolic, and mental disorders. This has been particularly evident during the recent COVID-19 pandemic. SARS-CoV-2 had the effect of revealing that individuals with comorbid conditions, who were comparatively sedentary, poorly fit, or some combination of these, had a significantly greater risk of adverse outcomes. The fact that most Western societies are relatively sedentary exacerbated the impact of COVID-19. However, the pandemic provided an opportunity to raise awareness regarding the importance of physical activity on health outcomes related to a wide spectrum of chronic conditions. This Special Issue focuses on original studies or evidence syntheses (e.g., systematic reviews or meta-analyses) that investigate the impact of physical activity patterns and cardiorespiratory fitness on respiratory infections, particularly as they relate to the recent COVID-19 pandemic.

