



Impact of Lifestyle Interventions in Immune Response, Inflammation and Vascular Health

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Deadline for manuscript
submissions:

closed (30 November 2022)

Message from the Guest Editors

Dear Colleagues,

Despite the high potential of lifestyle changes to modify human health, namely in terms of the immune system, the inflammatory response, and at the vascular level, the application of this knowledge is still far from reaching its maximum potential, with great gains in the health of populations.

The reported impacts of different lifestyle interventions are remarkable, but it is extremely important to continue the effort to affirm non-pharmacological strategies in the prevention of an increasingly wide range of metabolic, inflammatory, and immune-associated disorders. In this sense, these approaches play a pivotal role in cardiovascular pathology and in preventing or reducing the impact of one of the main causes of death worldwide.

Adding the growing evidence that physical exercise and diet modulate the immune response, moving toward healthier lifestyles could help to improve public health, reduce healthcare costs, and increase population resilience to infectious diseases like COVID-19.





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Message from the Editor-in-Chief

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