



Physical Activity and Exercise in Health of Older People: Current Updates and Perspectives

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Message from the Guest Editors

Dear Colleagues,

Sedentary behaviour is a relevant risk factor for poor health in older adults. Moreover, increasing research is showing that physical activity could be beneficial for cardiovascular, metabolic, and respiratory health in the elderly. Furthermore, we have relevant research reporting the importance of physical activity for brain health, e.g. for dementia and mild cognitive impairment. Finally, very recent research is reporting that physical activity is important for COVID-19 rehabilitation. Given this background, with this special issue, we would like to further stress the importance of physical activity for health in older people through original articles and reviews proposed by the most authoritative authors in this field.

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