



## Exercise and Aging

Guest Editors:

**Prof. Dr. Maria A. Fiatarone  
Singh**

Exercise, Health and  
Rehabilitation Faculty Research  
Group, Faculty of Health  
Sciences, University of Sydney, 75  
East Street, Lidcombe, NSW 2141,  
Australia

**Prof. Dr. Clark Dickin**

School of Kinesiology, Ball State  
University, Muncie, IN 47306, USA

**Prof. Dr. Brach Poston**

Department of Kinesiology and  
Nutrition Sciences, University of  
Nevada Las Vegas, Las Vegas, NV,  
USA

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submissions:

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### Message from the Guest Editors

Dear Colleagues,

Exercise and physical activity are potent strategies for the prevention and treatment of chronic disease and disability in older adults. A robust literature including observational and empirical studies supports the role of physical activity and physical fitness as modulators of biological aging, disease expression, and optimization of functional independence and mental health and well-being across the lifespan. However, all exercise is not alike, and the efficacy of this intervention is dependent upon the modality and dose applied, as well as the specific genetic and phenotypic characteristics of the cohort in some cases. In this issue, we will highlight new evidence about the unique role of exercise as related to aging, chronic disease, frailty, longevity, and optimal performance. We welcome submissions related to this topic including basic laboratory as well as applied clinical and epidemiological investigations.

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*Guest Editors*

