

# Special Issue

## Exercise Science and Health Promotion

### Message from the Guest Editor

This Special Issue aims to (1) examine factors influencing the feasibility, acceptability, and sustainability of exercise and PA interventions in specific populations; (2) investigate the impacts of these interventions on lifestyle behaviors, physical and cardiometabolic health, cognitive and physical functions, and mental health and wellbeing in both the general population and special populations; and (3) explore the physiological aspects that contribute to participants' responses and intervention outcomes in these populations.

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### Guest Editor

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## Healthcare

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