

Special Issue on  
**Novel Approaches to Increase Physical Exercise at the Household and Community Level to prevent Hypertension and Cardiovascular Risk**

# CALL FOR PAPERS

The health benefits of physical activity and exercise are well established and include a lower risk of cardiovascular disease (CVD) and hypertension. Reduction in blood pressure after physical exercise persists for about 24 hours and more frequent or chronic exercise results in sustained reduction in blood pressure, also called exercise training response. Despite the benefits of physical exercise on the attenuation of hypertension and cardiovascular risk, a recent analysis of 358 population-based surveys with 1.9 million participants revealed disturbing worldwide trends of insufficient physical activity (Guthold, 2018). Between 2001 and 2016, the prevalence of physical inactivity increased by more than 5 % in high-income Western countries, Latin America, and the Caribbean. Across most regions, women were less physically active than men. New models of increasing physical activity and exercise at home and at the community level may offer an array of hope in the changing global landscape where demographic and epidemiological transition and urbanization are driving sedentary behaviors.

In this special issue, we welcome the submission of original research and review articles that describe novel approaches and innovations that enhance physical activity at home and at the community level with a view of informing current efforts.

Potential topics include but are not limited to the following:

- ▶ Novel approaches to increase physical activity at the household and/or community level to prevent hypertension and CVD risk
- ▶ Upstream policy innovations to tackle sedentary lifestyle behaviors
- ▶ Associations between hypertension and physical exercise

Authors can submit their manuscripts through the Manuscript Tracking System at <https://mts.hindawi.com/submit/journals/ijhy/nihd/>.

Papers are published upon acceptance, regardless of the Special Issue publication date.

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