

Special Issue on
New Exercise Training Concepts to Fight Type 2 Diabetes Mellitus

CALL FOR PAPERS

Type 2 diabetes mellitus (T2DM) is associated with several secondary complications. The disease places a major burden on health care systems. Physical exercise interventions have shown to positively affect the disease by improving glycemic control, cardiovascular health, and well-being. Identifying sustainable therapeutic approaches to treat the diabetic disease as efficiently as possible poses one of many challenges. New effective strategies that can enhance adaptations and increase patients' adherence to exercise programs are strongly sought after.

This special issue aims to provide insights into innovative training concepts to manage the disease and its complications. Among endurance and resistance training, exergaming, electrical myostimulation, and whole-body vibration training have gained increasing attention in recent years. The popularity of wearable technologies has been steadily growing. Knowledge of exercise adaptations at different physical levels (molecular, cellular, systemic), as well as understanding patients' levels of motivation, can help assess the exercise interventions.

Authors are welcome to submit papers on innovative training concepts for T2DM patients with a focus on different aspects of adaptation. Pioneering pilot studies may also be accepted for publication as well as state-of-the-art reviews.

Potential topics include but are not limited to the following:

- ▶ Electrical myostimulation (EMS) training for T2DM patients
- ▶ Whole-body vibration training for T2DM patients
- ▶ Exergaming for T2DM patients
- ▶ Hypoxia/hyperoxia training for T2DM patients
- ▶ Blood flow restriction training for T2DM patients
- ▶ Use of wearable technologies during and pre/postexercise

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

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

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