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Alejandro Lucia MD, PhD, is a professor of Exercise Physiology in the UEM as well as a senior researcher in this institution and in the Research Institute of the *Hospital 12 de Octubre* (Madrid, Spain). His main area of interesting is physical activity (or 'exercise') and health, with implementation of exercise interventions (including in-hospital programs) for several disease groups (*e.g.*, adult/pediatric cancer, cardiopulmonary patients, people with inherited myopathies) and 'special populations' (*e.g.*, 'oldest-old', pregnant women). He also conducts research with animal models of exercise and disease (including cancer mouse models). He has authored 500+ PubMed publications (H-index, 50+).