



Effects of Exercise on Health-related Markers and Bioenergetics

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Message from the Guest Editor

Health conditions associated with sedentary lifestyles continue to grow. Indeed, growing epidemics such as obesity and Diabetes have been devastating human populations. Despite the improvements in medical care and new drugs, in neither case there seems to be signs that this tendency can be stopped. More active lifestyles, namely those including guided or non-guided physical activity, have been pointed out as strategies that are able to help this battle. Past research has focused on the effects of exercise on health-related markers, though constant changes in demographics of major diseases, new treatment and therapeutics, and innovative proposals of exercise interventions, all lead me to believe that research on the overall contribute of exercise to public health has yet to peak. This Special Issue in the *International Journal of Environmental Research and Public Health* is devoted to recent findings on “Effects of Exercise on Health-related Markers and Bioenergetics”. I expect valuable contributions that will help to enlarge the body of knowledge that fosters effective practical interventions.





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Message from the Editor-in-Chief

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