

## Special Issue

# Impact of Lifestyle Changes on Biomolecular Profiles Across the Lifespan

### Message from the Guest Editors

Lifestyle factors, including diet, physical activity, sleep, stress management, and environmental exposures, are key modulators of health across the human lifespan. These elements influence biomolecular pathways that underlie physiological adaptation, disease susceptibility, and healthy aging. In particular, molecular regulators such as microRNAs play an important role in mediating the effects of lifestyle on gene expression, inflammation, metabolism, and cellular function. Dysregulation of these pathways is closely linked to the onset and progression of major chronic diseases, including cardiovascular disease, diabetes, obesity, neurodegenerative disorders, and cancer. This Special Issue aims to gather high-quality research and reviews on how lifestyle factors shape biomolecular profiles with a particular emphasis on disease-related mechanisms. We especially welcome studies addressing the role of microRNAs, hormonal regulation, and other molecular mediators that connect lifestyle with health outcomes across different stages of life. Submissions may include experimental studies, preclinical investigations, and integrative reviews.

### Guest Editors

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### Deadline for manuscript submissions

30 December 2026



## Biomolecules

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*Biomolecules* is a multidisciplinary open-access journal that reports on all aspects of research related to biogenic substances, from small molecules to complex polymers. We invite manuscripts of high scientific quality that pertain to the diverse aspects relevant to organic molecules, irrespective of the biological question or methodology. We aim for a competent, fair peer review and rapid publication. Please look at some of the exciting work that has been published in *Biomolecules* so far. We would be delighted to welcome you as one of our authors.

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