



Regulation of Muscle Mass, Exercise, Metabolism

Guest Editor:

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Message from the Guest Editor

I am pleased to announce that a Special Issue on The Regulation of Skeletal Muscle Mass and Metabolism in Health and Disease is being organized by the *Journal of Environmental Research and Public Health*. Skeletal muscle has the remarkable ability to adapt to an array of stressors that result in altered structure, function, and metabolism. When such adaptations occur in response to exercise and other healthy lifestyle habits, these adaptations are favorable and enhance quality of life. However, skeletal muscle structure, function, and metabolism may also be altered directly in response to certain disease states, or indirectly as a result of disease treatment. Oftentimes, this results in loss of skeletal muscle mass, poor metabolic control, and reduced quality of life. Developing strategies to improve skeletal muscle health during disease will improve patient outcomes and reduce the health care burden. The keywords below provide some of the areas of interest.





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Editor-in-Chief

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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