



Sex Differences in Physiologic Responses and Long-Term Adaptations to Exercise

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Message from the Guest Editors

Physiological responses and adaptations to exercise may not only improve sports performance, but also health status. Thus, exercise is recognized as a potent therapy for the prevention and treatment of chronic disease in adults. However, there is a significant gender bias in research. Thus, this Special Issue was introduced to further investigate sex differences in physiological responses to exercise and long-term adaptations to training in healthy adults or in patients with a chronic disease.

Relevant topics may include sex differences, as well as differences caused by fluctuation in ovarian hormone levels, menopause, and throughout the female lifespan in relevant outcomes such as metabolism during exercise, physical fitness, cardiovascular risk, hormonal responses, inflammation, oxidative stress, and exosomes. Other topics may be considered, so please email cristina.casals@gm.uca.es with any queries. Manuscripts may include data-based research papers, reviews, meta-analyses, case studies, methodological papers, brief reports, commentaries, or position papers.





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Message from the Editor-in-Chief

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