

International Journal of *Environmental Research and Public Health*



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Exercise Metabolism and Health

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Deadline for manuscript submissions: closed (31 August 2022)

Message from the Guest Editors

Exercise is known to be one of the best nonpharmacological interventions for the prevention and treatment of many diseases. However, there is an extensive lack of knowledge on endocrine or epigenetic adaptations to exercise and the crosstalk between the abovementioned tissues. The aims of topic are (but not limited to): The relationship between the newly described endocrine; Identification and characterization of new hormones, miRNAs or exosomes by skeletal muscle, adipose tissue, liver, heart and bone; The constitutively or regulatory secreted hormones by the abovementioned organs under physical exercise conditions; The effect of exercise-induced fatigue and different types of exercise training interventions on metabolic, physiological, and molecular adaptations; Exercise-related metabolic, physiological, and molecular adaptations of skeletal muscle, adipose tissue, liver, heart, and bone in individuals with metabolic diseases; Exercise prescription to achieve optimal metabolic, physiological, and molecular adaptations in the crosstalk.







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Editor-in-Chief

Message from the Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

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