Special Issue

Hypoxia and Exercise: Effects on Health and Performance

Message from the Guest Editors

It is well-established that exercise training under O2-deprived environments can improve physical fitness due to erythropoiesis stimulation that provokes the improvement of oxygen transport. In addition, exercise in hypoxia that activates the hypoxia-inducible factor may play an essential role in effective metabolism regulation improving glucose intake and transport, glycolysis, lactate production to provide ATP, and oxygen transport and satiety, among others. Additionally, lipid metabolism can be further enhanced when exercise training is conducted in O2-deprived environments. For these reasons, several recent studies have used hypoxic training as a new therapeutic strategy to improve the symptoms of a range of cardiovascular, metabolic, and pulmonary diseases such as hypertension, chronic obstructive pulmonary disease, obesity, sarcopenia, coronary artery disease or multiple sclerosis. Therefore, in this

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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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