

Special Issue

Exercise Metabolism and Health

Message from the Guest Editors

Exercise is known to be one of the best non-pharmacological 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.

Guest Editors

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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.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

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