



## Adipokines, Myokines and Physical Exercise in Health and Disease

Guest Editors:

**Prof. Dr. Tomasz Brzozowski**

Department of Physiology,  
Faculty of Medicine, Jagiellonian  
University Medical College, 31-  
531 Cracow, Poland

**Prof. Dr. Jan Bilski**

Department of Biomechanics  
and Kinesiology, Faculty of  
Health Sciences, Jagiellonian  
University Medical College, 31-  
008 Cracow, Poland

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### Message from the Guest Editors

Exercise has been shown to have a great impact on human life expectancy due to improved metabolic parameters mainly in obese individuals. However, whether exercises affect the course of various diseases in humans is very intriguing and should be further defined. In this context, physical activity and nutrition seem to be important components in optimizing human health benefits. Both adipose tissue and skeletal muscle are considered hormonal organs because of their ability to produce and secrete several bioactive peptides (e.g., myokines and adipokines).

Thus, this Special Issue entitled 'Adipokines, Myokines, and Exercise in Health and Disease' will publish experimental data and reviews on this innovative approach to this topic. Topics related to both original and reviewed articles on the impact of exercise on disease and health presented in experimental and clinical studies with an emphasis on physiological mediators and pharmacological agents are welcome.





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### Prof. Dr. José L. Quiles

Department of Physiology,  
Institute of Nutrition and Food  
Technology “Jose Mataix”,  
Biomedical Research Center,  
University of Granada, Avda.  
Conocimiento s/n, 18100 Armilla,  
Granada, Spain

## Message from the Editor-in-Chief

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*International Journal of Molecular  
Sciences* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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