



Molecular Mechanisms of the Pro-healthy Effects of Exercise

Guest Editor:

Prof. Dr. Jędrzej Antosiewicz

Department of Bioenergetics and
Physiology of Exercise, Faculty of
Health Sciences, Medical
University of Gdansk, 80-210
Gdansk, Poland

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Message from the Guest Editor

The positive impact of well-chosen physical exercise in the prevention or slowing down of the development of lifestyle diseases is indisputable. However, the need to study the effect of exercise on the body is still high. Increased and improved techniques and research methods, the development of biological sciences, and the detection of new myokines mean that the full picture is far from complete. Moreover, new forms of training are being proposed that allow us to limit the time and maximize the effects of physical work. The body's response to exercise depends on many factors. Therefore, selection of the optimal form of physical activity is still a challenge, which can be solved by detailed biochemical and molecular determinations. In particular, we are still far from explaining the impact of physical activity on a cellular level, both molecular and biochemical, as well as its effect on signalling pathways. All of this means that there is a great need for research, where the physiological changes induced by exercise can be explained by the molecular changes in a specific tissue or cell.





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Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of
Odontostomatologic and
Specialized Clinical Sciences,
Sez-Biochimica, Faculty of
Medicine, Università Politecnica
delle Marche, Via Ranieri 65,
60100 Ancona, Italy

Message from the Editor-in-Chief

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