

Special Issue

Adipokines, Myokines and Physical Exercise in Health and Disease

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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The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

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