

## Special Issue

# Molecular Mechanisms Associated with Exercise for Health and Performance

### Message from the Guest Editor

Physical exercise is a pillar for health promotion and disease prevention, as well as for optimizing athletic performance. This Special Issue aims to explore the molecular nexus that connects these dimensions. The aim is to present research that elucidates the cellular and molecular mechanisms triggered by acute and chronic exercise, explaining how they mediate beneficial physiological adaptations for healthy populations and athletes. Lines of investigation:

- Cellular Signaling and Adaptation Pathways
- Oxidative Stress, Inflammation, and Immune Response
- Energy Metabolism and Homeostasis

### Guest Editor

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## International Journal of Molecular Sciences

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### Message from the Editor-in-Chief

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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