

## Special Issue

# Human Metabolism and Physiological Adaptations to Exercise Across the Lifespan

### Message from the Guest Editor

Understanding the dynamic interplay among exercise, metabolism, and physiological adaptation is crucial for promoting health and performance at every life stage. This Special Issue seeks to compile cutting-edge research on how metabolic pathways and systemic physiological responses to acute and chronic exercise across the Lifespan. We welcome submissions that investigate the molecular, cellular, and systemic mechanisms underlying these adaptations. Topics of interest include, but are not limited to: life-stage-specific metabolic flexibility and fuel utilization; the impact of exercise timing, type, and intensity on hormonal and metabolic health; the role of exercise in modulating age-related metabolic decline; and the interaction among exercise, epigenetics, and the microbiome across the lifespan. We encourage contributions ranging from mechanistic studies in model organisms and human cohorts to translational research and reviews that bridge fundamental science with practical applications. The goal is to advance a nuanced, evidence-based framework for prescribing exercise as a metabolic regulator for lifelong health, disease prevention, and functional resilience.

### Guest Editor

Prof. Dr. Cesar Osorio-Fuentealba

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### Deadline for manuscript submissions

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## Journal of Functional Morphology and Kinesiology

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## About the Journal

### Message from the Editor-in-Chief

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#### Editor-in-Chief

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