

Special Issue

Physiological, Pathological, and Clinical Effects of Exercise Training and Physical Activity

Message from the Guest Editor

Exercise is a potent physiological stimulus capable of modulating multiple biological systems. In individuals with chronic diseases or those exposed to occupational stress, such as military personnel, patients with multimorbidity, or shift workers, understanding the molecular, cellular, and systemic adaptations to exercise is essential for advancing personalized health strategies.

This Special Issue will explore the multifaceted role of exercise training and physical activity across physiological regulation, pathological mechanisms, and clinical interventions. Given the growing global interest in lifestyle-based health promotion and disease management, this Special Issue welcomes high-quality original research, reviews, and case studies that investigate the biological foundations and therapeutic potential of physical activity in both healthy and diseased populations.

We encourage interdisciplinary research that integrates perspectives from medicine, sports science, and physiology.

We look forward to receiving your scientific contributions and participating in a productive exchange that advances the fields of translational exercise biology and personalized medicine.

Guest Editor

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Message from the Editor-in-Chief

Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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