

## 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.

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### Guest Editor

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### Deadline for manuscript submissions

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### Message from the Editor-in-Chief

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### Editor-in-Chief

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