

## Special Issue

# Explore Innovative Exercise-Based Interventions for Chronic Diseases

### Message from the Guest Editor

Oxidative stress (OS) results from an imbalance between the production of reactive oxygen species (ROS) and the body's antioxidant defense capacity. OS contributes to cellular and DNA damage and plays a key role in the pathogenesis of various diseases, including cancer, metabolic syndrome, cardiovascular disease (CVD), and neurodegenerative disorders. Emerging evidence suggests that regular physical activity and structured exercise training can help restore redox balance and attenuate systemic inflammation by enhancing antioxidant defense and modulating immune function. We welcome submissions based on human and animal models, as well as studies examining how environmental stressors—such as particulate matter exposure or hypoxic conditions—interact with exercise-related physiological responses. Through this Special Issue, we hope to foster deeper insight into the therapeutic potential of exercise in managing OS- and inflammation-related conditions, and to encourage the continued exploration of the complex underlying biological mechanisms.

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### Guest Editor

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### Deadline for manuscript submissions

closed (20 November 2025)



## Life

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### Message from the Editor-in-Chief

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### Editor-in-Chief

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