

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.

Guest Editor

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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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