

## Special Issue

# Muscle Wasting, Aging, and Cancer: The Effects of Physical Exercise

### Message from the Guest Editor

This Special Issue explores the intricate relationship between muscle wasting, aging, and cancer, emphasizing the potential benefits of physical exercise as an intervention. Muscle wasting, or sarcopenia, is a common and debilitating condition in the elderly and cancer patients, characterized by a loss of muscle mass and strength. This Special Issue will cover the mechanisms behind sarcopenia, the role of inflammation and metabolic changes in cancer-induced muscle loss, and the activation of satellite cells through exercise. Contributions will focus on how different types of physical activity/exercise, particularly resistance training, can slow or reverse muscle deterioration, enhance physical function, and improve quality of life. By bringing together current research and clinical studies, this Special Issue aims to provide a comprehensive understanding of how exercise can be strategically utilized to combat muscle wasting in aging and cancer populations.

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### Guest Editor

Prof. Dr. Paula Tavares

Faculty of Sport Sciences and Physical Education, University of Coimbra, Coimbra, Portugal

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### Deadline for manuscript submissions

closed (28 November 2025)



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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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### Editor-in-Chief

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