

## Special Issue

# Exercise and Skeletal Muscle Physiology

### Message from the Guest Editors

Skeletal muscle mass and quality are well-known major prerequisites of general welfare. Exercise training is not only extremely good at disease prevention but also is the cheapest and most easily accessible “medicine” to treat various mal-conditions and improve health in different patient populations. Not only the skeletal muscle contractions *per se*, but also exercise-induced responses in most of the other tissues mediated via muscular activity (e.g. triggered by myokines) or hormones are important to beneficial long-term adaptations rendering higher resilience to vast range of diseases and improving life quality and working capacities.

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### Guest Editors

Dr. Tomas Venckunas

Lithuanian Sports University, Kaunas, Lithuania

Prof. Dr. Hans Degens

Manchester Metropolitan University, Manchester, UK

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### Deadline for manuscript submissions

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*Medicina*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[medicina@mdpi.com](mailto:medicina@mdpi.com)

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Medical Academy, Lithuanian University of Health Sciences, Kaunas,  
Lithuania

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