

## Special Issue

# Exercise Training on Metabolic Dysfunctions—Exerkines Are the Missing Link in Preventing Metabolic Complications

### Message from the Guest Editors

Exercise has been recognized as a powerful tool for preventing and treating metabolic diseases. Exercise even offers more benefits than low-performing drugs in regulating whole-body insulin sensitivity and systemic metabolism. Although skeletal muscle adaptation is critical for realizing these metabolic health benefits, other tissues, such as the liver and adipose tissues, are also involved in maintaining these advantages. Exercise activates various signaling molecules and proteins in these tissues, such as myokines and adipokines, collectively called “exerkines”, which can orchestrate systemic metabolic health benefits. However, a less mechanistic approach has been disclosed regarding these molecules and exercise. Indeed, other new molecules will soon be discovered, leading to greater insights into exercise’s effects. The energy demanded by prolonged exercise induces increased communication between the tissues, mainly muscle and adipose tissues. This Special Issue welcomes both original and review articles related to this topic and other relevant themes.

### Guest Editors

Dr. Anand Thirupathi

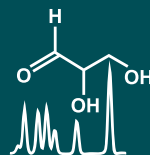
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### Deadline for manuscript submissions

closed (15 October 2023)



## Metabolites

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## About the Journal

### Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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### Editor-in-Chief

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