Special Issue

Interplay Between Metabolic Adaptations to Physical Activity

Message from the Guest Editors

The beneficial effects of physical activity are well known. In fact, regular physical activity is associated with a healthy lifestyle and the prevention of many disorders, such as cardiovascular disease, obesity, depression, anxiety, and stress. On the other hand, intense physical activity exposes athletes to an increased risk of thrombotic events and muscle injuries, and a higher sensitivity to infections. In particular, moderate to intense physical activity generates considerable metabolic, endocrine, and bio-chemical changes, reflected in several biomarkers measurable in the laboratory. To date, the main mecha-nisms that determine these variations are largely unknown; their accurate identification could represent a valid tool to monitor the health status of athletes and protect them from damage and decreased fitness. In this context, this Special Issue aims to identify changes in blood biomarkers during physical activity and to shed light on the interplay between exercise and the onset of disorders that can threaten the health of individuals practising it.

Guest Editors

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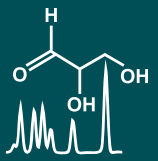

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Message from the Editor-in-Chief

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.

Editor-in-Chief

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