

Special Issue

Exercise Physiology: Nutrition and Skeletal Muscle Metabolism

Message from the Guest Editor

Being physically active is well-known to be beneficial for our physical and mental health. Exercising regularly not only improves muscle function and muscle energy metabolism, but also the function of other organs and tissues such as the liver, the pancreas, the brain, and the adipose tissue, among others. Muscle contraction requires an increase in energy supply to muscles, especially when muscle glycogen stores become depleted.

The objective of this Special Issue is to publish original articles, short communications, reviews, and comments on the role of various nutrients on the alteration of skeletal muscle energy metabolism in the context of acute or chronic physical exercise. The studies can range from nutrition intervention in humans performing exercise to the study of molecular events in exercised skeletal muscle in response to different macro- or micronutrient supplements. Both research in a healthy context and in the context of various pathologies will be considered. Articles focusing on the different muscle responses to certain nutritional interventions in the context of exercise according to biological sex are strongly encouraged.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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