

Special Issue on **New Insights into the Benefits of Physical Activity and Exercise for Aging and Chronic Disease**

CALL FOR PAPERS

Chronic diseases such as cancer, cardiovascular and neurodegenerative diseases, diabetes, obesity, and skeletal muscle diseases are the leading cause of death and disability globally. Considering worldwide demographic shifts towards older age, the incidence of these conditions is increasing. Strategies to prevent and treat diseases associated with aging and lifestyle have become a priority for health science researchers, guideline groups, and policymakers. The most effective intervention to prevent and, in many cases, treat chronic disease, is the adoption of an active lifestyle; however, the cellular and molecular mechanisms by which physical activity and exercise bring about their effects remain poorly understood. This knowledge gap hinders the development of alternative strategies and therapies that could benefit individuals who cannot adhere to structured exercise regimens or make substantial changes to other aspects of their lifestyle.

In this special issue, we invite investigators to contribute narrative reviews as well as original research articles. Basic, translational, or clinical contributions are welcome. Articles should improve our understanding of how physical activity and exercise promote healthy aging, counter the development of disease, and facilitate the treatment of chronic conditions. Subjects of the papers could contain the cellular and molecular mechanisms by which physical activity and/or exercise regulate and other topics.

Potential topics include but are not limited to the following:

- ▶ Immunological, inflammatory, and redox processes
- ▶ Energy balance and metabolic homeostasis
- ▶ Tissue-specific processes including tissue cross-talk
- ▶ Obesity, sarcopenia, and cachexia
- ▶ Risk, etiology, or treatment of diabetes, cancer, and cardiovascular and neurodegenerative diseases

Authors can submit their manuscripts through the Manuscript Tracking System at <http://mts.hindawi.com/submit/journals/omcl/nibp/>.

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