



## Molecular Mediators of Exercise: Cross-Organ Communication Promoting Health and Combating Disease

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### Message from the Guest Editors

Dear Colleagues,

Physical exercise exerts a profound impact on health and disease. The direct benefits of activity are often associated with improved cardiovascular function and muscle adaptation. However, it also triggers a series of signaling pathways that produce bioactive molecules from different organs in the body, contributing to health benefits. Understanding the role of these molecules in tissue communication holds promise for treating disorders associated with metabolic diseases and other systems, including the cardiovascular, pulmonary, digestive, nervous, and reproductive systems. This Special Issue aims to highlight this approach by publishing experimental data and reviews addressing these aspects in various experimental and clinical settings. We welcome the submission of topics related to the impact of exercise on disease and health in experimental and clinical studies, with particular emphasis on physiological mediators, intracellular pathways, and pharmacological agents constituting a background for the pharmacotherapy of various disorders.





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## Message from the Editor-in-Chief

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