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Exercise-Induced Oxidative Stress in Health and Disease

Guest Editor:

Dr. Chariklia K. Deli

Department of Physical
Education and Sport Science,
University of Thessaly, 42100
Trikala, Greece

Deadline for manuscript
submissions:

closed (31 December 2023)

Message from the Guest Editor

Exercise is related with the production of reactive oxygen and nitrogen species (RONS), which in moderate concentrations act as signalling molecules and promote key adaptations to exercise training, whereas excess production of RONS may lead to detrimental effects via the oxidation of biomolecules such as lipids and proteins as well as DNA damage. Disturbances in redox balance may result in unfavorable effects on the training-induced adaptive responses. A better understanding of the interactions between exercise and redox responses as well as the mechanisms underlying these interactions is warranted.

This Special Issue aims to publish original research and review papers on aspects examining the exercise-induced redox responses in both athletic performance and health. Subtopics include but are not limited to the acute but also chronic redox status adaptations following exercise and the related mechanisms; the role of exercise-induced redox adaptations on muscle performance; the role of exercise-induced redox adaptations on health; exercise-induced redox responses in developmental ages; and nutritional strategies to encounter exercise-induced oxidative stress.



mdpi.com/si/150962

Special Issue



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Editor-in-Chief

Prof. Dr. Alessandra Napolitano

Department of Chemical
Sciences, University of Naples
"Federico II", Via Cintia 4, I-80126
Naples, Italy

Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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Antioxidants Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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