



Anti-inflammatory and Antioxidant Effects of Exercise and Training with the Mechanisms and Modulations

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Message from the Guest Editors

Exercise-induced inflammation is a complex and multi-faceted response lasting from hours to days after exercise. After the success of the previous Special Issue "Exercise and Inflammation" and "Anti-inflammatory and Antioxidant Effects of Dietary Supplementation and Lifestyle Factors", this Special Issue aims to publish original research papers and reviews on aspects of the exercise-induced inflammatory response in animal and human models. Aspects include the interplay between oxidative stress and inflammation and potential strategies to combat such responses. Suitable topics include, but are not limited to, the following: the role of post-exercise inflammation in governing muscular regeneration and adaptation; the paradoxical role of inflammation for post-exercise recovery; inflammation's role in exercise-induced muscle damage; nutraceutical and applied strategies to combat inflammation.





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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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