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Exercise and Skeletal Muscle Physiology

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Message from the Guest Editors

Skeletal muscle mass and quality are well-known major prerequisites of general welfare. Exercise training is not only extremely good at disease prevention but also is the cheapest and most easily accessible “medicine” to treat various mal-conditions and improve health in different patient populations. Not only the skeletal muscle contractions *per se*, but also exercise-induced responses in most of the other tissues mediated via muscular activity (e.g. triggered by myokines) or hormones are important to beneficial long-term adaptations rendering higher resilience to vast range of diseases and improving life quality and working capacities.



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