



## The Impact of Nutrition and Exercise Interventions to Modulate Muscle Metabolism in Health and Disease

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### Message from the Guest Editor

Dear Colleagues,

Physical exercise and nutrition are among the main hygienic and dietary measures that can reduce the risk factors for a large number of pathologies, and for cardiovascular diseases in particular. More and more, the integrative responses to exercise and nutrition are attracting interest, leading to its integration into clinical settings. At the molecular level, these measures are capable of efficiently modulating muscle metabolism by activating a large number of molecular signaling pathways, but some of them are not yet clearly identified. Moreover, studies assessing the impact of combined exercise and dietary interventions are limited and need to be further explored. This Special Issue aims to demonstrate both the clinical interests but also the mechanisms by which physical exercise and diet impact muscle metabolism and improve general homeostasis by impacting almost all organs of the body.

Dr. Jeffrey Zoll  
*Guest Editor*





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