



Exercise in Aging and Chronic Diseases: Focus on Oxidative Stress/Inflammation and Antioxidants

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Message from the Guest Editors

Increasing evidence points to the involvement of oxidative stress and a systemic inflammatory process in the physiopathology of various chronic diseases that require prolonged periods of pharmacological treatment. An active lifestyle including habitual physical exercise is widely accepted as a valid method to promote health, with positive effects in the treatment of cardiovascular diseases, kidney disease, chronic obstructive pulmonary disease, non-alcoholic fatty liver disease, neurodegenerative diseases, etc. These benefits could be especially important in the elderly as this population have higher sedentary rates.

In this Special Issue, we invite high-quality basic, clinical or epidemiological original manuscripts and reviews that examine the effects of exercise in aging and chronic diseases with a focus on oxidative stress/inflammation and antioxidants. Articles taking into consideration the basic mechanisms of action and outcomes of exercise and the contribution of antioxidants to support these responses are welcome.





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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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