



New Insights in Exercise Training and Diabetes Mellitus and Related Disorders

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Message from the Guest Editors

Dear Colleagues,

We are delighted to invite you to contribute to a Special Issue in the IJERPH. This issue will focus on the effects of exercise training on the most common metabolic disorder in the world, diabetes mellitus, and its related comorbidities and complications.

A large body of evidence has shown that exercise training is a safe and effective tool for preventing and treating diabetes and its long-term complications. On the other hand, sedentary behaviour can accelerate the development and the worsening of such conditions. Although cardiometabolic adaptations to exercise training have been thoroughly examined, there is a paucity of data on the capacity of exercise to counteract, or of sedentary behaviour to worsen, the dysfunction of the nervous, vascular, and musculoskeletal systems.

Our Special Issue will focus on exploring the short- and long-term effects of exercise/sedentary behaviour on the structure and function of the nervous, vascular, and musculoskeletal systems in people with type 1 (T1D) or type 2 diabetes (T2D). We welcome innovative original research, review articles (systematic and narrative), commentaries, and short communications.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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