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Muscles, Exercise, and Obesity

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Message from the Guest Editor

Dear Colleagues,

Obesity is an illness characterized by excess of body fat. The large amount of fat can cause many health problems, like cancer, cardiovascular disease, diabetes, decrease in life expectancy, hyperlipidemia, hypertension, and stroke. The increase in obesity has become a major health issue worldwide affecting all groups in the population, from children to older adults.

Physical exercise involves energy expenditure, and the number of burned calories depend on the intensity, volume and type of exercise performance; thus, exercising is an alternative to reduce body fat mass. The skeletal muscle is a metabolically active tissue that involves energy expenditure, so another treatment against obesity can be the increase in total body muscle mass. Conversely, the loss of muscle mass has been associated with physical disability, which can decrease physical exercise, increase sedentary behavior, decrease energy expenditure, and increase obesity and the consequent health problems.

Therefore, the purpose of this Special Issue is to highlight the role of exercise and muscle mass against obesity.



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