

Special Issue

Exercise and Mitochondrial Health

Message from the Guest Editors

It is well-known that mitochondria are highly sensitive to and changeable with exercise. Exercise promotes mitochondrial biogenesis in many organs and tissues in addition to skeletal muscle, so "exercise promotes mitochondrial biogenesis to prevent or ameliorate a disease" has become a scientific paradigm. This paradigm guides our interpretation of current data and our hypotheses. With the advent of single-cell gene sequencing, there is growing evidence that the emphasis on "mitochondrial number" may ignore the heterogeneity of mitochondria. In addition, "exercise-induced mitochondrial biogenesis" as a positive physiological adaptation often contradicts the interpretation of complex pathologies. The reason for this is that some diseases, such as Alzheimer's disease and tumors, may be associated with increased mitochondria, so how to evaluate the benefit of exercise remains confusing. This Special Issue welcomes manuscripts that specifically focus on exercise and mitochondria. Authors are encouraged to submit original articles and comprehensive reviews associated with this topic.

Guest Editors

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Deadline for manuscript submissions

closed (20 March 2023)



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Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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