



Diet and Exercise Impacts on Skeletal Muscle in Aging and Related Metabolic Disorders

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Message from the Guest Editors

Skeletal muscle is a major site of insulin-stimulated glucose uptake and a key contributor to whole-body metabolic homeostasis. It is well known that the progressive loss of skeletal muscle mass and strength that occurs with aging, also referred to as sarcopenia, contributes to the increased prevalence of obesity, insulin resistance, and type 2 diabetes in the elderly. Not surprisingly, exercise and appropriate nutrition are important for the maintenance of skeletal muscle health as we age, and our understanding of the mechanisms involved continues to evolve. Therefore, we invite the submission of manuscripts focused on the potential systemic, cellular, and molecular mechanisms responsible for the benefits of dietary interventions and/or exercise on skeletal muscle in the context of aging and related metabolic disorders. Studies in humans, animal models, and cultured cells are welcome. Major areas of emphasis include muscle energetics, muscle mass and contractile function, protein synthesis and degradation, inflammation, oxidative stress, myokines and secreted factors.





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