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Nota di contenuto	Introduction -- Human brown adipose tissue plasticity: hormonal and environmental manipulation -- The energy sensor AMPK: Adaptations to exercise, nutritional and hormonal signals -- Plasma steroids and cardiorespiratory fitness response to regular exercise -- Sending the signal: Muscle glycogen availability as a regulator of training adaptation -- Optimized engagement of macrophages and satellite cells in the repair and regeneration of exercised muscle -- Skeletal muscle microRNAs: Roles in differentiation, disease and exercise -- Tryptophan-kynurenine metabolites in exercise and mental health -- FNDC5/irisin - their role in the nervous system and as a mediator for beneficial effects of exercise on the brain.

## Sommario/riassunto

The world is faced with an epidemic of metabolic diseases such as obesity and type 2 diabetes. This is due to changes in dietary habits and the decrease in physical activity. Exercise is usually part of the prescription, the first line of defense, to prevent or treat metabolic disorders. However, we are still learning how and why exercise provides metabolic benefits in human health. This open access volume focuses on the cellular and molecular pathways that link exercise, muscle biology, hormones and metabolism. This will include novel “myokines” that might act as new therapeutic agents in the future.

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