



## **Psychophysiological Responses to Physical Activity, Exercise and/or Nutrition Interventions in Overweight and Obese Individuals**

Guest Editor:

**Dr. Alexios Batrakoulis**

Department of Physical  
Education and Sport Science,  
University of Thessaly, 42100  
Trikala, Greece

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### **Message from the Guest Editor**

The increasing prevalence of overweight and obesity is a major global public health issue. Physical activity and exercise, as well as positive eating habits, promote beneficial physiological and psychological responses in overweight and obese individuals. Thus, studies must be undertaken that explore the effectiveness of physical activity or structured exercise, alone or combined with nutritional interventions, on body composition, physical fitness, cardiometabolic health and mental health in overweight and obese individuals of all ages. The current Special Issue aims to highlight evidence for use in practice and to provide valuable information that might improve an array of psychophysiological parameters. In this Special Issue, we welcome original research, case reports, reviews, systematic reviews and meta-analyses on physical activity, exercise and/or nutrition and:

- Anthropometric characteristics;
- Body composition;
- Glucose metabolism;
- Lipid metabolism;
- Blood pressure;
- Physical fitness and Exercise behavioral regulation;
- Enjoyment;
- Affective valence;
- Quality of life;
- Mood state;
- Depression, Anxiety and stress;
- Eating habits.





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Department of  
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delle Marche, Via Ranieri 65,  
60100 Ancona, Italy

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*Diseases* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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