

Special Issue

Stress, Obesity, Dietary, Physical Activity

Message from the Guest Editor

Overweight and obesity have reached pandemic proportions in all age groups worldwide. High-fat Western diets, overeating, frequent snacking, and physical inactivity are the main reasons for gaining weight. Unwelcome eating behaviors are inextricably linked to a high pace of life and constant rush. Today, chronic, unreacted stress affects the professional and private lives of whole populations and is reflected in people's behaviors. At the same time, lifestyle, diet, and physical activity are crucial points for potential interventions that can inhibit weight gain and influence well-being and work-life balance. We invite the publication of randomized trials, systematic reviews, and meta-analyses that can potentially significantly impact changes to our medical reality

Guest Editor

Dr. Edyta Mađry

Department of Physiology, Poznan University of Medical Sciences,
Fredry 10, 61-701 Poznan, Poland

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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