



The Impact of Exercise and Lifestyle on Metabolic Syndrome and Its Components

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Message from the Guest Editors

Dear Colleagues,

Metabolic syndrome (MetS) is a common metabolic disorder defined by the cohabitation of a set of cardiometabolic factors (three or more), such as central obesity, dysglycemia, dyslipidemia, and hypertension.

Thus, increasing physical activity and the amount and quality of exercise can help to prevent the onset or progression of MetS. However, there is still great doubt about the relationship between the type of exercise, weekly frequency, volume, and intensity needed to lead to significant improvements.

In addition, it would be interesting to investigate the effect of exercise on MetS, or on some specific risk factors across age, gender, and in specific populations. Is it possible to control or delay the progression of the disease? Which lifestyle factors have the greatest impact?

This Special Issue is intended to be a meeting point for researchers in this area. Together we can add to the scientific knowledge of the prevention, control and treatment of MetS. Thousands of people expect positive results from our work. Let's get to work!

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Special Issue



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Message from the Editor-in-Chief

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