



Physical Activity and Nutrition Strategies for Preventing Overweight and Obesity in Adult Populations

Guest Editor:

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Message from the Guest Editor

Physical activity strategies including exercise prescription have been largely linked to improvements in the parameters of obesity. Additionally, nutritional strategies have the potential to improve body composition parameters and also the synergic effects on preventing obesity with physical activity intervention.

In this Special Issue on “Physical activity and nutrition strategies for preventing overweight and obesity in adult populations”, we are seeking unpublished works, including physical activity and nutrition strategies illustrating new clinical and physiological knowledge or synergistic effects for preventing obesity in adult populations. We will consider studies utilizing new digital technologies, clinical trials, interventions, observational studies, epidemiological studies, systematic reviews, and meta-analyses.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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