

Special Issue

Obesity and Physical Exercises

Message from the Guest Editor

Obesity, although slightly overshadowed by the recent COVID-19 pandemic and its subsequent consequences, is still a major health condition that affects millions of adults and children around the world. The pandemic itself has exacerbated many clinical aspects and comorbidities associated with obesity since people were confined to their homes for months in several countries. Although life is now back to normal, there is still a long way to go in order to achieve the World Health Organisation's target for obesity and active lifestyles across all age groups. Scientists are making progress in tackling obesity from different perspectives, including exercise, lifestyle management, diet, psychological and social support, and clinical treatment. This Special Issue aims to track progress within the latest research efforts in this context, with a particular emphasis on physical activity as a way to prevent, treat, and recover from obesity and overweight. All reviews and articles related to the clinical treatment of obesity would be welcome. We look forward to receiving your contributions.

Guest Editor

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Deadline for manuscript submissions

closed (25 October 2024)



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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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