

Special Issue

Overweight and Exercise Nutrition

Message from the Guest Editor

This Special Issue will focus on research in exercise nutrition, with particular emphasis on body composition and/or performance with an eye to rehabilitation. This Special Issue aims to attract papers that address the roles of physical activity/exercise and nutrition in preventing excess visceral fat accumulation and consequent inflammaging in current social conditions characterized by a sedentary lifestyle. The extensive range of topics addressed by this Special Issue includes body composition, human performance, dietary habits, functional food, supplements, and best practice in obesity management. It also encompasses the pathophysiology of overweight and any spontaneously occurring or experimental conditions increasing the risk of visceral fat accumulation like physical inactivity or muscle unloading, and rehabilitation intended in a broad sense. Further suggested topics are the abovementioned ones when dealt with in their relation to age (pediatric obesity, obesity of adults and older adults, age-related sarcopenic obesity, etc.). Authors are invited to submit original research papers, meta-analyses, and systematic reviews.

Guest Editor

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Deadline for manuscript submissions

closed (28 February 2022)



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/89452

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Morphology and Kinesiology*
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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

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Author Benefits

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Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical
Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 19.7 days after
submission; acceptance to publication is undertaken in 1.9
days (median values for papers published in this journal in
the second half of 2024).