

# Special Issue

## Exercise, Obesity and Metabolic Diseases

### Message from the Guest Editor

Obesity, diabetes, and other metabolic diseases have reached epidemic proportions worldwide, threatening human health and posing a significant socio-economic burden. Exercise aids in weight management, improves body composition, and enhances metabolic health. For this Special Issue, we discuss the interconnection between exercise, physical activity, obesity, and metabolic disorders such as diabetes and cardiovascular diseases.

We welcome different types of articles, including original research articles, clinical trials, reviews, and perspectives. The topics of interest for the Special Issue include (but are not limited to) the following:

1. The impact of different types of physical activity on obesity and metabolic diseases;
2. Metabolic diseases and weight loss strategies: combining exercise and dietary changes;
3. The impact of exercise on gut microbiota in obesity and metabolic diseases;
4. The effects of exercise on different metabolic diseases;
5. The impact of obesity on cardiovascular health: can exercise help?

---

### Guest Editor

Prof. Dr. Heikki Kainulainen

NeuroMuscular Research Center, Faculty of Sport and Health Sciences, University of Jyväskylä, FI-40014 Jyväskylä, Finland

---

### Deadline for manuscript submissions

closed (15 June 2024)



## Metabolites

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.7  
CiteScore 6.9  
Indexed in PubMed



[mdpi.com/si/190717](https://mdpi.com/si/190717)

*Metabolites*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[metabolites@mdpi.com](mailto:metabolites@mdpi.com)

[mdpi.com/journal/  
metabolites](https://mdpi.com/journal/metabolites)





# Metabolites

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.7  
CiteScore 6.9  
Indexed in PubMed



[mdpi.com/journal/  
metabolites](https://mdpi.com/journal/metabolites)



## About the Journal

### Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

---

### Editor-in-Chief

Dr. Amedeo Lonardo

Internal Medicine, Ospedale Civile di Baggiovara, Azienda Ospedaliero-Universitaria, 41126 Modena, Italy

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q2 (Biochemistry and Molecular Biology) / CiteScore - Q2 (Endocrinology, Diabetes and Metabolism)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 16.7 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the second half of 2025).