

## Special Issue

# Effects of Nutrition and Exercise on Cardiometabolic Health

### Message from the Guest Editor

We are pleased to announce a Special Issue of *Metabolites* dedicated to exploring the critical intersection of nutrition, exercise, and cardiometabolic health. Cardiometabolic diseases, including type 2 diabetes, cardiovascular disease, and obesity, represent a global health crisis with significant societal and economic consequences. Research on the role of lifestyle factors—particularly diet and physical activity—has gained substantial momentum, with increasing evidence supporting their ability to prevent, manage, and even reverse many aspects of these conditions. This Special Issue invites original research, reviews, and communications that investigate the multifaceted effects of nutrition and exercise on metabolic processes, biomarkers, and outcomes related to cardiometabolic health. We welcome studies addressing the molecular, biochemical, and physiological mechanisms through which dietary patterns and exercise modulate key metabolic pathways, inflammation, insulin sensitivity, and body composition. We also welcome outcome-based investigations of the benefits of diet and exercise on cardiometabolic risks.

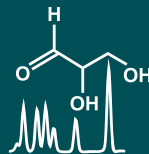
### Guest Editor

Dr. Sam Emerson

Department of Nutritional Sciences, Oklahoma State University,  
Stillwater, OK 74078, USA

### Deadline for manuscript submissions

closed (16 February 2026)



## Metabolites

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

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## 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.

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### Editor-in-Chief

Dr. Amedeo Lonardo  
Internal Medicine, Ospedale Civile di Baggiovara, Azienda Ospedaliero-Universitaria, 41126 Modena, Italy

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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).