

## Special Issue

# Metabolic Responses to Exercise and Nutrition: From Molecular Mechanisms to Functional Performance

### Message from the Guest Editors

We invite original research articles and comprehensive reviews that employ metabolomic approaches to investigate the interplay among exercise, nutrition, and metabolism. Topics of particular interest include the identification of metabolic signatures associated with different exercise modalities, intensities, and training adaptations; the characterization of nutritional metabolites that modulate exercise responses and recovery; the discovery of biomarkers that predict or correlate with functional performance outcomes such as strength, endurance, and movement quality; the elucidation of metabolic pathways underlying the combined effects of dietary interventions and physical activity on health and disease; the application of metabolomics to personalized nutrition and exercise prescription; and the investigation of metabolic mechanisms linking exercise–nutrition interactions to improvements in chronic disease management. Studies examining inter-organ metabolic crosstalk during exercise and feeding, the temporal dynamics of metabolic responses to acute and chronic interventions, and the integration of metabolomics with other omics technologies are particularly encouraged.

### Guest Editors

Dr. Do-Houn Kim

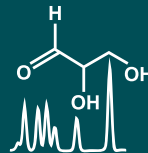
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### Deadline for manuscript submissions

20 August 2026



## Metabolites

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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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JCR - Q2 (Biochemistry and Molecular Biology) / CiteScore - Q1 (Endocrinology, Diabetes and Metabolism)

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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).