

Special Issue

Effects of Activity Type and Dietary Management on Glycemic Balance

Message from the Guest Editor

Physical activity and a balanced diet are important non-pharmacological components of diabetes therapy and key elements in glucose management in patients at risk of type 2 diabetes mellitus. In fact, physical exercise improves glucose control by enhancing insulin sensitivity and stimulating glucose uptake by skeletal muscle cells. In addition, physical activity can help to reduce body weight and lipidic blood levels, which are also risk factors for diabetes and, in general, for metabolic disorders. In general, the adoption of an active lifestyle and a balanced diet is essential for the prevention of diabetes from childhood to adulthood and to prevent long-term complications. This Special Issue aims to outline the exercise-induced changes in an individual's physiology via nutrition and the exercise-induced changes in regulatory hormones in individuals with diabetes. We welcome novel short communications, related original research articles, and clinical studies, as well as review articles, for this Special Issue.

Guest Editor

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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