

Special Issue

Effect of Calorie Restriction with Exercise on Body Composition

Message from the Guest Editor

Lifestyle interventions can lower risk factors for certain diseases and decrease the need for or the dose of medication. Specifically, interventions of hypocaloric healthy eating and exercise have shown to promote changes in body composition and metabolic parameters, contributing to improvement in various aspects of physical and mental health in obese patients. Given that wide differences between intervention methods result in discrepancies and issues of comparability of the observed effects between studies, more research must be conducted to explore the effectiveness of exercise combined with caloric restriction in obese patients with non-communicable chronic diseases. We are pleased to receive original research, study protocols, short communications, brief reviews, and reviews (including systematic reviews and meta-analyses) on the effects of the combination of exercise and caloric restriction on parameters such as: Body composition; Sarcopenia; Inflammation; Oxidative stress; CVD risk factors; Diabetes risk factors; Quality of life; Adherence to intervention; Eating habits; Self-esteem; Mood state; Depression, anxiety, stress; Addictions.

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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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