

Special Issue

Chronobiology of Exercise and Nutrient Adaptations

Message from the Guest Editor

Since the 2017 Nobel Prize was awarded to Jeffrey C. Hall, Michael Rosbash, and Michael W. Young for their discoveries of the molecular mechanisms controlling the circadian rhythm, chronobiology research has grown significantly. One important related topic is the chronobiology of exercise training and nutrient adaptations. With this Special Issue, we aim to fine-tune the acute responses that lead to nutrient and/or exercise timing adaptations. In the era of precision medicine, this will help to maximize the prescription of these interventions to prevent and/or treat several metabolic diseases such as sarcopenia, type 2 diabetes, and cancer, as well as cardiovascular and neurodegenerative diseases. However, this is not only related to health sciences, as athletes must also maximize their performance to reach their highest level. Therefore, with this Issue, we aim to advance the field of chronobiology of exercise and nutrition, with a special focus on metabolic health and exercise performance.

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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