

Special Issue

Exercise and Nutrition: Implications for Weight Management and Cardiometabolic Prevention

Message from the Guest Editors

The management of cardiometabolic risk currently represents a pivotal strategy to prevent and treat non-communicable chronic diseases. Notably, ad hoc interventions—focusing on a healthy lifestyle—are required to manage weight and reduce cardiometabolic risk. Strategies promoting physical exercise and healthy nutrition—mutually intercorrelated—also contribute to fostering well-being with immediate benefits. In this context, psychological approaches may be helpful not only to manage stress but also to enhance adherence to healthy lifestyle programs. Moreover, it is paramount to underline the role of campaigns promoting exercise and healthy nutrition as tools to prevent cardiometabolic disease and foster well-being for groups such as students and employees.

The goal of this Special Issue is to collect papers exploring the relationship between exercise and nutrition as well as the role of lifestyle change in managing weight and cardiometabolic risk both in individuals and groups, to help the scientific community to better define lifestyle programs aimed to prevent cardiovascular events and foster well-being in patients and healthy people.

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About the Journal

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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