

Special Issue

Therapeutic Exercise, Nutrition and Biochemical Insights: Innovations in Obesity Management

Message from the Guest Editors

Obesity is a significant global health issue closely linked to numerous chronic conditions such as diabetes, cardiovascular disease, hypertension, and cancer. Nutrition plays a central role in addressing obesity, but novel, integrated strategies that include exercise science and biochemical insights are increasingly proving to be effective. In this Special Issue of *Nutrients*, we aim to explore how nutritional interventions can be effectively combined with advancements in exercise physiology and biochemical processes to enhance obesity treatment outcomes. The goal is to uncover how specific dietary strategies, when integrated with exercise protocols, can influence metabolic pathways, improve hormonal balance, and foster sustainable weight loss and overall health improvements.

We welcome the submission of manuscripts that provide comprehensive insights into the interplay between nutrition, physical activity, and biochemical mechanisms in obesity management, with a focus on innovative approaches supported by rigorous experimental data.

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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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