

Special Issue

Exercise Physiology: Nutrition, Energy Metabolism, and Fitness Assessment

Message from the Guest Editors

This Special Issue on Exercise Physiology Nutrition, Energy Metabolism and Fitness Assessment aims to cover a wide range of topics in exercise physiology, from molecular mechanisms to whole-body responses and adaptations that occur with exercise training. This Special Issue will include manuscripts that cover various training modalities, intensities, and durations. In addition, the Special Issue will explore the effects of exercise training on the prevention and treatment of various disease states, with a special focus on obesity and type 2 diabetes. We warmly welcome novel short communications, related original research articles, and clinical studies as well as review articles for this Special Issue.

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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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