

Special Issue

Nutrition, Exercise and Lifestyle Intervention: Improvement of Metabolic and Cardiac Health

Message from the Guest Editors

The aim of this Special Issue is to provide an in-depth discussion of the importance of nutrition, exercise and lifestyle intervention in improving quality of life and decreasing risk factors for cardiometabolic diseases (metabolic syndrome, insulin resistance, obesity, diabetes, hypertension, etc.). As an example, obesity is a chronic disease associated with multiple comorbidities resulting from the interaction of genetic, metabolic, environmental and behavioral factors. The prevalence of excess body weight has increased alarmingly in recent decades. Globally, at least 2.8 million people die from overweight- or obesity-related illnesses each year, making obesity a significant public health problem. Traditional non-pharmacological approaches to fight obesity and its complications are based on continuous caloric restriction and increased regular physical activity. However, reduced motivation and poor adherence are among the challenges faced in weight loss, which is generally not sustained in the long term.

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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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