

Special Issue

The Effect of Exercise and Diet on Energy Metabolism

Message from the Guest Editor

The incidence of several cardiometabolic diseases is rapidly increasing worldwide. Physical exercise and diet are well-recognized key factors that influence energy metabolism (including energy balance or nutrients oxidation, among others) in both healthy individuals and patients. Indeed, they improve metabolic flexibility which is defined as the ability of an individual to respond or adapt according to changes in metabolic or energy demand as well as the prevailing conditions or activity. However, new exercise and dietary interventions are emerging to manage energy metabolism-related parameters, being currently under debate their feasibility and efficacy.

This special issue aims to gather the latest findings on the effects of different exercise or dietary interventions and/or its combination on energy metabolism and metabolic flexibility for the prevention and treatment of cardiometabolic diseases not only in patients, but also in apparently healthy individuals. Authors are invited to submit relevant review articles, systematic reviews, meta-analyses, and original contributions for consideration for inclusion in this Special Issue.

Guest Editor

Prof. Dr. Francisco José Amaro-Gahete

Department of Medical Physiology, Faculty of Medicine, University of Granada, 18001 Granada, Spain

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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