

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.

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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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