

## Special Issue

# The Role of Physical Activity and Diet on Weight Management

### Message from the Guest Editor

This Special Issue of *Nutrients* focuses on the critical roles of physical activity and diet on weight management. As the global rates of obesity and related chronic diseases continue to rise, the importance of effective, sustainable strategies for managing body weight has never been more pressing. This Special Issue explores the diverse and substantial impact of lifestyle behaviors on achieving and maintaining a healthy weight. We warmly accept novel short communications, original research articles, and review articles that focus on the biopsychosocial benefits of physical activity and/or diet on weight management across a person's lifespan and/or within specific populations. By integrating insights from both physical activity and dietary research, this Special Issue aims to provide a further understanding of how lifestyle behaviors continue to significantly influence weight management programming.

### Guest Editor

Dr. Sarah Shultz

School of Arts and Sciences, Fort Lewis College, Durango, CO 81301, USA

### Deadline for manuscript submissions

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## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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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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