

Special Issue

Dietary Approaches and Exercise in the Management of Overweight and Obesity

Message from the Guest Editors

The benefits of exercise and healthy dietary approaches on general health and body composition are well documented. Nevertheless, efforts to counter the global obesity epidemic have been of limited success, and policies implemented during the COVID-19 pandemic may have further contributed to poor dietary choices and insufficient exercise in individuals. Given the interaction between diet and exercise in the regulation of energy balance, both behaviors need to be considered when developing intervention strategies targeting excess body weight. For example, the potential benefits of a particular exercise intervention may be overridden if increases in energy expenditure lead to unhealthy food choices or an increase in sedentary time. Similarly, dietary interventions such as caloric restriction may result in compensatory reductions in exercise or physical activity. Therefore, the goal of this Special Issue is to enhance the understanding of the contribution of exercise and diet regarding the regulation of body weight, with a special emphasis on the interaction and integration of both components.

Guest Editors

Prof. Dr. Clemens Drenowatz

Division of Sport, Physical Activity and Health, University of Education
Upper Austria, 4020 Linz, Austria

Prof. Dr. Klaus Greier

Department of Sport Science, University of Innsbruck, 6020 Innsbruck,
Austria

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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 (IUIBS), 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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