

Special Issue

Nutrition and Physical Activity for Preventing Overweight, Obesity and Related Complications

Message from the Guest Editors

In the present issue, we want to underline the relevance of nutritional intervention combined with physical activity in the delayed development of obesity and different health benefits for individuals who are affected by overweight and obesity. People respond differently to an obesogenic environment; We need to improve early childhood diet and physical activity, healthy nutrition, and physical activity for school-aged children, and community-based weight management. For old people, a combination of diet and exercise interventions is recommended to improve body muscle strength and performance in weight loss. Many areas are not completely clear again: Does diet-induced weight loss and increased cardiorespiratory fitness modify the obesity paradox? After bariatric surgery, patients present an increased risk for malnutrition and disability. Can preventing nutritional deficiencies and exercise improve mortality? In the future, we need to translate clinical guidelines into practice prevention programs and eHealth behavioral interventions with the primary aim of changing nutrition, physical activity, and sedentary behavior or treating or preventing overweight and obesity.

Guest Editors

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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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