

Special Issue

The Role of Nutritional Interventions and Exercise for Weight Loss

Message from the Guest Editors

Nutritional interventions and exercise play a crucial role in weight loss by addressing both energy intake and expenditure. Regular lifestyle physical activity and structured exercise enhances weight loss by increasing energy expenditure and metabolic rate. Physical activity also helps promote hormonal balance, improve insulin sensitivity and reduce stress-related accumulation of excess body weight. A combination of nutrition and exercise leads to more effective and sustainable weight management compared to either approach alone. Long-term adherence to healthy eating and activity behaviours is key. Stress management and sleep quality also impact weight regulation and body composition. A personalised approach to weight management that integrates dietary adjustments, physical activity engagement, exercise routines, and behavioural strategies may enable best outcomes for weight loss and overall health and well-being. This Special Issue seeks novel investigations into the impact of nutritional and physical activity/exercise interventions—whether implemented independently or in combination—to improve body composition and overall health.

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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.

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