

Special Issue

Improving Body Composition and Metabolism with Exercise, Diet and Surgery: Translational Approaches

Message from the Guest Editors

It is recognized that there are three major ways to manage excess body weight—physical activity, diet and bariatric surgery. This is of particular relevance, since overweight significantly increases the risk of various diseases and metabolic disorders. The choice of one or a combination of these three approaches is greatly dependent on the patient's individual profile. Numerous fundamental and clinical studies still continue to emphasize their benefits on metabolic parameters, body composition and quality of life, sometimes with contradictions or controversies. We would like to propose a translational point of view on this exciting research area. We encourage scientists and clinicians to submit mini-reviews, perspectives and original research articles, establishing cross-talks between fundamental and clinical aspects covering the topic. Of particular interest will be submissions comparing the benefits of the three above-mentioned strategies.

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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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