

Special Issue

Health Benefits of Particular Exercise and Nutrition

Message from the Guest Editor

It is generally understood that exercise is beneficial and inactivity is detrimental to our health and that intake of food is essential for our survival. However, many specific details about exercise and nutrition are not widely understood, limiting the health benefits for both healthy individuals and those whose overweight, and obesity brings about morbidities. Thus, it is not generally appreciated that our feeding pattern is opportunistic and nonhomeostatic, as we have no mechanism responsible for maintaining a stable weight. We largely engage in unrestricted eating throughout the circadian period, supplying excess energy to fat stores, and do not select our macronutrients prudently.

For cardiorespiratory fitness, brief bouts of high-intensity exercise are more effective than prolonged bouts of moderate-intensity exercise. Finally, the timing of meals and exercise affects our blood glucose control and insulin sensitivity.

This Special Issue highlights several particular features of exercise and eating that have proven to be both effective and realistic in promoting good health and quality of life.

Guest Editor

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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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