

Special Issue

Exercise, Microbiota, Health and Performance

Message from the Guest Editors

The growing rate of obesity represents a global lifestyle-related health problem because it can contribute to increased risk of many different diseases. The strategies for obesity prevention and management can be multifaceted due to the multifactorial character of this pathology. Studies in animals and humans have emphasized the gut microbiota role as a mediator of cardiometabolic and inflammatory disorders. The microbiota diversity and stability are affected by genetic and environmental factors, including physical activity and diet changes. A substantial amount of data demonstrates the interest in specific diets and dietary supplements for public health objectives. Similarly, it is acknowledged that regular physical activity improves dysbiosis and could, in healthy athletes, also promote performance. However, few studies have combined physical activity and dietary changes to promote health and/or athletic performance involving microbiota modulation. This Special Issue will provide some research insights and perspectives into exercise and diet effects on gut microbiota-induced sport performance or obesity-related metabolic disease improvement.

Guest Editors

Prof. Dr. Nathalie Boisseau

Laboratoire des Adaptations Métaboliques à l'Exercice en conditions Physiologiques et Pathologiques (AME2P), Université Clermont Auvergne, F-63000 Clermont-Ferrand, France

Prof. Dr. Nicolas Barnich

Laboratoire Microbes Intestin Inflammation et Susceptibilité de l'Hôte (M2iSH), Université Clermont Auvergne, F-63000 Clermont-Ferrand, France

Deadline for manuscript submissions

closed (15 October 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 4.8
CiteScore 9.2
Indexed in PubMed



mdpi.com/si/77400

Nutrients

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 4.8
CiteScore 9.2
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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 (UIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)