

Special Issue

Exercise and Obesity Beyond Caloric Expenditure: Insights from Clinical and Tactical Populations

Message from the Guest Editors

Physical exercise is an essential tool for the prevention and management of obesity and its associated comorbidities. Although it is traditionally linked to caloric expenditure, recent studies have shown that obesity's effects go far beyond energy balance, involving inflammatory, metabolic, epigenetic, and behavioral adaptations. In tactical populations, such as police officers, military personnel, and firefighters, who face high physical and psychological demands and often present with excess weight and metabolic disorders, physical exercise plays an even more complex role.

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