



*healthcare*



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## Stress, Obesity, Dietary, Physical Activity

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### **Message from the Guest Editor**

Overweight and obesity have reached pandemic proportions in all age groups worldwide.

High-fat Western diets, overeating, frequent snacking, and physical inactivity are the main reasons for gaining weight. Unwelcome eating behaviors are inextricably linked to a high pace of life and constant rush. Today, chronic, unreacted stress affects the professional and private lives of whole populations and is reflected in people's behaviors. At the same time, lifestyle, diet, and physical activity are crucial points for potential interventions that can inhibit weight gain and influence well-being and work-life balance.

We invite the publication of randomized trials, systematic reviews, and meta-analyses that can potentially significantly impact changes to our medical reality



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# Special Issue



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## Message from the Editor-in-Chief

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