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Effect of Calorie Restriction with Exercise on Body Composition

Guest Editor:

Dr. Kalliopi Georgakouli

Department of Nutrition and
Dietetics, University of Thessaly,
42132 Trikala, Greece

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Message from the Guest Editor

Dear Colleagues,

Lifestyle interventions can lower risk factors for certain diseases and decrease the need for or the dose of medication. Specifically, interventions of hypocaloric healthy eating and exercise have shown to promote changes in body composition and metabolic parameters, contributing to improvement in various aspects of physical and mental health in obese patients. Given that wide differences between intervention methods result in discrepancies and issues of comparability of the observed effects between studies, more research must be conducted to explore the effectiveness of exercise combined with caloric restriction in obese patients with non-communicable chronic diseases.

We are pleased to receive original research, study protocols, short communications, brief reviews, and reviews (including systematic reviews and meta-analyses) on the effects of the combination of exercise and caloric restriction on parameters such as: Body composition; Sarcopenia; Inflammation; Oxidative stress; CVD risk factors; Diabetes risk factors; Quality of life; Adherence to intervention; Eating habits; Self-esteem; Mood state; Depression, anxiety, stress; Addictions.



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Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
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MDPI, St. Alban-Anlage 66
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