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Nutrition and Physical Activity for Preventing Overweight, Obesity and Related Complications

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Message from the Guest Editors

Dear Colleagues,

In the present issue, we want to underline the relevance of nutritional intervention combined with physical activity in the delayed development of obesity and different health benefits for individuals who are affected by overweight and obesity. People respond differently to an obesogenic environment; We need to improve early childhood diet and physical activity, healthy nutrition, and physical activity for school-aged children, and community-based weight management. For old people, a combination of diet and exercise interventions is recommended to improve body muscle strength and performance in weight loss. Many areas are not completely clear again: Does diet-induced weight loss and increased cardiorespiratory fitness modify the obesity paradox? After bariatric surgery, patients present an increased risk for malnutrition and disability. Can preventing nutritional deficiencies and exercise improve mortality? In the future, we need to translate clinical guidelines into practice prevention programs and eHealth behavioral interventions with the primary aim of changing nutrition, physical activity, and sedentary behavior or treating or preventing overweight and obesity.



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Special Issue



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Message from the Editorial Board

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