



Exercise, Obesity and Metabolic Diseases

Guest Editor:

Prof. Dr. Heikki Kainulainen
NeuroMuscular Research Center,
Faculty of Sport and Health
Sciences, University of Jyväskylä,
FI-40014 Jyväskylä, Finland

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Message from the Guest Editor

Dear Colleagues,

Obesity, diabetes, and other metabolic diseases have reached epidemic proportions worldwide, threatening human health and posing a significant socio-economic burden. Exercise aids in weight management, improves body composition, and enhances metabolic health. For this Special Issue, we discuss the interconnection between exercise, physical activity, obesity, and metabolic disorders such as diabetes and cardiovascular diseases.

We welcome different types of articles, including original research articles, clinical trials, reviews, and perspectives. The topics of interest for the Special Issue include (but are not limited to) the following:

1. The impact of different types of physical activity on obesity and metabolic diseases;
2. Metabolic diseases and weight loss strategies: combining exercise and dietary changes;
3. The impact of exercise on gut microbiota in obesity and metabolic diseases;
4. The effects of exercise on different metabolic diseases;
5. The impact of obesity on cardiovascular health: can exercise help?





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Editor-in-Chief

Dr. Amedeo Lonardo

1. Formerly Director of the Simple Operating Unit "Metabolic Syndrome", Azienda Ospedaliero-Universitaria, 41126 Modena, Italy
2. Formerly Professor of Internal Medicine, School of Specialization of Allergy and Clinical Immunology, University of Modena and Reggio Emilia, 41121 Modena, Italy

Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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Contact Us

Metabolites Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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metabolites@mdpi.com
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