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## Health Benefits of Particular Exercise and Nutrition

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### Message from the Guest Editor

It is generally understood that exercise is beneficial and inactivity is detrimental to our health and that intake of food is essential for our survival. However, many specific details about exercise and nutrition are not widely understood, limiting the health benefits for both healthy individuals and those whose overweight, and obesity brings about morbidities. Thus, it is not generally appreciated that our feeding pattern is opportunistic and nonhomeostatic, as we have no mechanism responsible for maintaining a stable weight. We largely engage in unrestricted eating throughout the circadian period, supplying excess energy to fat stores, and do not select our macronutrients prudently.

For cardiorespiratory fitness, brief bouts of high-intensity exercise are more effective than prolonged bouts of moderate-intensity exercise. Finally, the timing of meals and exercise affects our blood glucose control and insulin sensitivity.

This Special Issue highlights several particular features of exercise and eating that have proven to be both effective and realistic in promoting good health and quality of life.



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# Special Issue



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