



Obesity, Dietary and Physical Activity

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Overweight and obesity have reached epidemic proportions in all age groups worldwide and are major risk factors for premature mortality and morbidity.

Changes in the diet, overeating, frequent snacking, and physical inactivity are the main reasons for energetic imbalance, where energy intake exceeds energy expenditure.

At the same time, diet, lifestyle, and physical activity are the crucial points for potential interventions which can inhibit the processes of gaining weight or even reverse the global trends of mortality.

We invite for publication randomized trials, systematic reviews, and meta-analyses with potentially the most significant impact on changing our medical reality.

Dr. Edyta Mądry

Guest Editor





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Editor-in-Chief

Message from the Editor-in-Chief

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