



## Healthy Lifestyles: Focus on Nutrition and Exercise Interventions

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (15 November 2021)**

### Message from the Guest Editor

Obesity is a global health concern. We need to better understand the contribution of energy intake and energy expenditure to its etiology. In this Special Issue, the contributions of intake and expenditure through diet and exercise interventions will be examined. This Special Issue seeks research papers (original research, reviews, and meta-analysis) on various aspects of nutritional and exercise interventions to help to prevent disease and to promote public health. Further, in addition to body weight and cardiometabolic health outcomes, other physiological and psychological endpoints are welcomed (e.g., nutrient status, physical function, affect).

The submission of all types of manuscripts from rigorous randomized clinical trials to pragmatic community-based designs is encouraged. Thus, controlled or free-living diet and exercise interventions are acceptable. It is understood submissions will often utilize multidisciplinary and collaborative research. Original research papers as well as systematic reviews and meta-analysis are welcomed.





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## Editor-in-Chief

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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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