



Maximal Fat Oxidation: Determinant Factors and Metabolic Flexibility

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Message from the Guest Editor

This Special Issue of the *International Journal of Environmental Research and Public Health (IJERPH)* focuses on the current state of knowledge on determinant factors that may affect maximal fat oxidation as a marker of metabolic flexibility in healthy or unhealthy humans (obese, diabetics, etc.). New research papers, reviews or conference papers are welcome to this issue. Papers dealing with new approaches to drive how physical exercise can improve cardiometabolic health through MFO adaptations in different metabolic diseases such as obesity or diabetes are also welcome. Other manuscript types accepted include methodological papers, brief reports, and commentaries.

We will accept manuscripts from different disciplines on sport science, sport medicine, exercise physiology or physical activity for health.





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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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