



Physical Exercise/Physical Activity and Metabolic Diseases in Children and Adolescents

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Deadline for manuscript
submissions:
closed (10 January 2022)

Message from the Guest Editors

This Special Issue will discuss the role of physical exercise and physical activity in the prevention and treatment of different metabolic disorders in childhood and adolescence. This topic is of great concern because of the increasing number of overweight and obese children and adolescents as well as of youngsters who do not engage in daily physical activity as recommended by health guidelines. Insufficient physical activity seems to be crucial for the early development of an inflammatory profile, insulin resistance, and cardiometabolic diseases. Though some indicators and determinants of metabolic diseases have been identified, we still have to understand what causes the genetic unmasking of these diseases, increasing their prevalence and incidence in the youth population. The aim of this Special Issue is to present high-quality, quantitative and qualitative original research studies to improve our knowledge of the role of physical exercise and physical activity in the prevention and treatment of cardiometabolic disease in children and adolescents, also in relation to behavioral and genetic indicators and determinants.





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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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