



The Effects of Diet and Exercise on Lipid Profiles in Young or Pre-clinical Populations

Guest Editors:

Dr. Stephen Ives

Department of Health and
Human Physiological Sciences,
Skidmore College, Saratoga
Springs, NY 12866, USA

Dr. Christopher Kotarsky

Department of Health and
Human Physiological Sciences,
Skidmore College, Saratoga
Springs, NY 12866, USA

Deadline for manuscript
submissions:

closed (25 October 2024)

Message from the Guest Editors

Dear Colleagues,

Overweight or obesity increase cardiovascular disease risk through factors such as increased fasting plasma triglycerides, high LDL cholesterol, low HDL cholesterol, elevated blood glucose and insulin levels, and high blood pressure. The consumption of unsaturated fats, derived mostly from vegetable oils may help prevent serious disorders.

Lifestyle changes (i.e., diet and exercise) are primarily advocated as a treatment for dyslipidemia. Endurance exercise and resistance exercise elicit unique responses and they may be quantitatively and qualitatively different and mediated by distinct signaling pathways. Layered in these phenomena is an assumption. We might not yet fully appreciate the lipid profiles of those who are younger and how their profiles might be shaped by diet or exercise habits in a pre-clinical model. The study of those not yet clinically presenting is important for understanding their risk profile trajectory.

This Special Issue seeks submissions of manuscripts of original research or analytical reviews that explore the effects of acute or chronic exercise on dyslipidemia and nutrient metabolism.





nutrients



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)