



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

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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.





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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

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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