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Enhancing Body Composition and Metabolism through Exercise, Diet and Surgery

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Deadline for manuscript submissions:

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Message from the Guest Editors

It is recognized that there are three major ways to manage excess body weight—physical activity, diet and bariatric surgery. This is of particular relevance since being overweight significantly increases your risk of various diseases and metabolic disorders. The choice of one or a combination of these three approaches is greatly dependent on the patient's individual profile. Numerous fundamental and clinical studies still continue to emphasize their benefits on metabolic parameters, body composition and quality of life, sometimes with contradictions or controversies.

We would like to propose a translational point of view on this exciting research area.

We encourage scientists and clinicians to submit mini-reviews, perspectives and original research articles, establishing cross-talks between fundamental and clinical aspects covering the topic. Particular interest will be paid to submissions comparing the benefits of the three above-mentioned strategies.



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