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Exercise, Diet and Type 2 Diabetes

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Message from the Guest Editor

We are setting a Special Issue in *Nutrients* dedicated to the interaction of exercise and type 2 diabetes on skeletal muscle. The loss of skeletal muscle mass or locomotor function is associated with insulin resistance and/or chronic inflammation, which induce several diseases such as type 2 diabetes and cardiovascular disease. Although several exercise therapy approaches, with or without diet manipulation, could prevent or reduce the progression towards type 2 diabetes, the ideal exercise therapy has not been fully elucidated. Therefore, new innovation is needed to establish the ideal exercise approach. This Special Issue welcomes original research articles or clinical trials highlighting new biomarkers or development of therapeutic agents targeting skeletal muscle following exercise with or without diet manipulations in type 2 diabetes or related obesity metabolic disorders. We look forward to your submissions.



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Special Issue



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Message from the Editorial Board

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