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## Improving Body Composition and Metabolism with Exercise, Diet and Surgery: Translational Approaches

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Deadline for manuscript submissions:

**closed (20 November 2023)**

### Message from the Guest Editors

Dear Colleagues,

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 overweight significantly increases the 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. Of particular interest will be submissions comparing the benefits of the three above-mentioned strategies.



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# Special Issue



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