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Metabolic Adaptations to Diet and Physical Activity

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Message from the Guest Editor

Physical activity, ranging from low-intensity occupational or leisure-time movement to moderate- or high-intensity exercise, requires energy at different rates. These fluctuations in energy expenditure determine the contribution of lipid and carbohydrate metabolism and induce acute and chronic metabolic responses and adaptations which improve health and performance.

Diet includes not only the amount and quality of nutrients consumed daily by an individual, but also their manipulations aiming to promote weight loss, health, and physical performance.

Potential topics may include, but are not limited, to the associations between macronutrients and micronutrients intake (or manipulation), dietary patterns, and the entire spectrum of physical activity (from light to high-intensity exercise). The outcome variables may be health-related metabolic adaptations, including metabolic and body composition changes, hormonal responses, as well as molecular mechanisms responsible for metabolic adaptations.



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Special Issue



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