



Exercise, Microbiota, Health and Performance

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Message from the Guest Editors

The growing rate of obesity represents a global lifestyle-related health problem because it can contribute to increased risk of many different diseases. The strategies for obesity prevention and management can be multifaceted due to the multifactorial character of this pathology. Studies in animals and humans have emphasized the gut microbiota role as a mediator of cardiometabolic and inflammatory disorders. The microbiota diversity and stability are affected by genetic and environmental factors, including physical activity and diet changes.

A substantial amount of data demonstrates the interest in specific diets and dietary supplements for public health objectives. Similarly, it is acknowledged that regular physical activity improves dysbiosis and could, in healthy athletes, also promote performance. However, few studies have combined physical activity and dietary changes to promote health and/or athletic performance involving microbiota modulation.

This Special Issue will provide some research insights and perspectives into exercise and diet effects on gut microbiota-induced sport performance or obesity-related metabolic disease improvement.





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