

Special Issue

The Role of Physical Activity and Diet on Weight Management

Message from the Guest Editor

This Special Issue of *Nutrients* focuses on the critical roles of physical activity and diet on weight management. As the global rates of obesity and related chronic diseases continue to rise, the importance of effective, sustainable strategies for managing body weight has never been more pressing. This Special Issue explores the diverse and substantial impact of lifestyle behaviors on achieving and maintaining a healthy weight. We warmly accept novel short communications, original research articles, and review articles that focus on the biopsychosocial benefits of physical activity and/or diet on weight management across a person's lifespan and/or within specific populations. By integrating insights from both physical activity and dietary research, this Special Issue aims to provide a further understanding of how lifestyle behaviors continue to significantly influence weight management programming.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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