

## Special Issue

# Effects of Nutrition and Physical Activity Lifestyle Interventions on Childhood Obesity

### Message from the Guest Editor

This Special Issue aims to bring research on lifestyle obesity interventions to the forefront. Nutritional eating behaviour and physical activity are the two modifiable factors towards a disease-free life. Interventions aimed at modifying diets, nutritional supplementation, alone or with modifying physical activity or exercise, are a contemporary scientific issue across the lifespan from childhood to older age. Therefore, we welcome submissions in any of these areas, including understanding obesity determinants in early years and intervention physical activity/exercise approaches.

All study types (clinical and randomised trials, physiological, behavioural and psycho-social) and designs (interventions, epidemiology, cross-sectional, modelling) are welcome.

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### Guest Editor

Prof. Dr. Ahmad Alkhatib

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### Deadline for manuscript submissions

closed (5 February 2025)



## Nutrients

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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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### Editors-in-Chief

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