

## Special Issue

# The Impact of Nutrition and Exercise Interventions to Modulate Muscle Metabolism in Health and Disease

### Message from the Guest Editor

Physical exercise and nutrition are among the main hygienic and dietary measures that can reduce the risk factors for a large number of pathologies, and for cardiovascular diseases in particular. More and more, the integrative responses to exercise and nutrition are attracting interest, leading to its integration into clinical settings. At the molecular level, these measures are capable of efficiently modulating muscle metabolism by activating a large number of molecular signaling pathways, but some of them are not yet clearly identified. Moreover, studies assessing the impact of combined exercise and dietary interventions are limited and need to be further explored. This Special Issue aims to demonstrate both the clinical interests but also the mechanisms by which physical exercise and diet impact muscle metabolism and improve general homeostasis by impacting almost all organs of the body.

### Guest Editor

Dr. Joffrey Zoll

CRBS, UR3072: Mitochondria, Oxidative Stress and Muscular Protection, University of Strasbourg, 1 rue Eugène Boeckel, 67000 Strasbourg, France

### Deadline for manuscript submissions

closed (10 January 2023)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 4.8  
CiteScore 9.2  
Indexed in PubMed



[mdpi.com/si/105667](https://mdpi.com/si/105667)

*Nutrients*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.8  
CiteScore 9.2  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)