

Special Issue on
The Role of Resistance Training and Nutrition in the Treatment of Metabolic Syndrome

CALL FOR PAPERS

Over the last decade, metabolic syndrome has significantly increased in both developed and developing countries because of sedentary behavior across all age groups and genders. Metabolic syndrome is defined as a cluster of conditions including high blood sugar, hypertension, obesity, and abnormal cholesterol or triglyceride levels. Any of these components increase risk of chronic diseases such as cardiovascular disease and diabetes.

Among the countermeasures, resistance training, as a valuable form of exercise training, and nutrition, as another effective intervention, may have beneficial effects on the control, management, treatment, and rehabilitation of many chronic diseases. On the other hand, both of them improve quality of life by changing body composition, muscle physiology and function, and whole body metabolic status. For these, a lot of organizations released resistance training and nutritional guidelines and related recommendations for individuals with physical inactivity and patients. However, a majority of the scientific sources are unfamiliar with positive and independent consequences of resistance training and nutrition for health promotion, especially in individuals with metabolic syndrome.

Therefore, this special issue intends to bring together publications related to recent studies on resistance training and nutrition and their impact on patients with metabolic syndrome. We encourage experts in the fields of health education, physical activity, public health, exercise physiology, sports nutrition, medical research, exercise metabolism, allied health professions, dietary prescription, and occupational therapy to contribute to this special issue. The aim is to emphasize resistance training (i.e., body weight training, weight training, or strength training) in exercise training and nutrition as ways to treat, and possibly reverse and improve, symptoms and signs of metabolic syndrome.

Potential topics include but are not limited to the following:

- ▶ Impact of resistance training on resting metabolic rate in people with metabolic syndrome
- ▶ Effect of short- and long-term resistance training on metabolic syndrome symptoms
- ▶ Interactive role of resistance training and diet in weight management of individuals with metabolic syndrome
- ▶ Resistance training, diet, and postexercise hypotension in hypertensive and obese patients
- ▶ Body composition and anthropometry of patients with metabolic syndrome following resistance training and nutrition plans
- ▶ Dietary regimen, resistance training, and lipid profile of diabetic and obese patients
- ▶ Home-based and gym-based resistance training intervention for metabolic syndrome control and treatment
- ▶ Relationship between postexercise hypotension, dietary considerations, and medications in hypertensive individuals

Authors can submit their manuscripts through the Manuscript Tracking System at <https://mts.hindawi.com/submit/journals/jnme/trto/>.

Papers are published upon acceptance, regardless of the Special Issue publication date.

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