



## New Clinical Insights into Exercise, Obesity, and Diabetes

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### Message from the Guest Editors

Dear Colleagues,

With the introduction of new drugs for the treatment of obesity that have comparable results to bariatric surgery for weight loss, there is a need to rethink procedures, guidelines, and models of intervention. New approaches may impact obesity-related metabolic diseases, including type 2 diabetes, and may have an overall impact on health, advising a broader reflexion than just the weight loss alone. Lifestyle-change interventions, including physical activity and exercise, have been considered the base of the pyramid for obesity management and treatment for many years. On the verge of newly available tools for the treatment and management of obesity, and considering that physical activity and exercise have shown consistently moderate results for weight loss, new models are being suggested for the treatment of obesity, underscoring psychological treatment, pharmacological treatment, and surgery as the pillars for obesity treatment. This Special Issue aims to publish scientific articles related to the latest scientific evidence available on Clinical Insights into Exercise, Obesity, and Diabetes.





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