



## Integrated Role of Nutrition and Physical Activity for Lifelong Health

Guest Editors:

**Dr. Karsten Koehler**

Department of Sport and Health Sciences, Technical University Munich, Uptown München-Campus D, Georg-Brauchle-Ring 60/62, D-80992 München, Germany

**Prof. Dr. Clemens Drenowatz**

Division of Sport, Physical Activity and Health, University of Education Upper Austria, 4020 Linz, Austria

Deadline for manuscript submissions:

**closed (15 November 2018)**

### Message from the Guest Editors

Dear Colleagues,

This Special Issue “Integrated Role of Nutrition and Physical Activity for Lifelong Health” welcomes manuscripts that focus on the integration of dietary and physical activity/exercise interventions on outcomes related to lifelong health. Manuscripts for consideration in this special issue can either describe original research or review the scientific literature.

- Impact of diet and exercise interventions on energy balance, body weight control, and obesity
- Dietary manipulations that augment the therapeutic effect of physical activity and exercise on diseases linked to declines in muscle mass and function (e.g., sarcopenia, cachexia, disuse atrophy)
- Combination of diet and exercise approaches to improve diabetes mellitus, cardiovascular disease, and other metabolic and/or endocrine conditions
- Interventions utilizing diet and exercise to maximize bone health and/or prevent osteoporosis
- Biomarkers of physical activity and dietary intake
- Impact of physical activity and exercise on nutrient status
- Anti-ageing potential of diet and exercise interventions

Dr. Karsten Koehler

Dr. Clemens Drenowatz

*Guest Editors*





an Open Access Journal by MDPI

## 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)

## 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.

## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI