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Physical Activity And Diet For Health Optimisation

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Message from the Guest Editors

Dear Colleagues,

Health researchers often explore dietary behavior and physical activity in separate lines of work; rarely do researchers consider the possible interplay between these important health behaviors. In this Special Issue, however, researchers look at dietary behavior and physical activity together, exploring how and why the undertaking of one behavior may influence the other. Also, this Special Issue covers the health outcomes of interactions between dietary behaviour and physical activity. This Special Issue will provide the readers with novel perspectives on health promotion involving diet and physical activity and will hopefully stimulate more research in this important area.

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Guest Editors



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Special *Issue*



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