

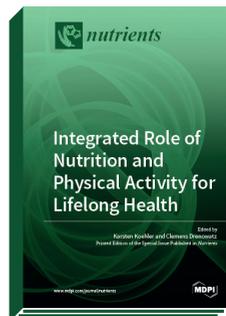


*Special Issue Reprint*

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

Edited by  
Karsten Koehler and Clemens Drenowatz  
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This Special Issue of *Nutrients*, entitled “Integrated Role of Nutrition and Physical Activity for Lifelong Health”, welcomes the submission of 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. Manuscripts that discuss theoretical models informing the design of interventions that combine dietary and physical activity/exercise interventions are also welcomed. Potential topics may include, but are not limited to: 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



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