

Special Issue

Health Promotion Through Physical Activity and Diet

Message from the Guest Editors

This Special Issue aims to gather innovative studies that explore how exercise and/or nutritional strategies contribute to health promotion across diverse populations and life stages. It seeks to highlight both basic and applied research that provides practical implications for individuals, healthcare systems, and communities. We particularly welcome contributions that address (i) the role of physical activity in maintaining musculoskeletal health; (ii) exercise interventions for general wellbeing and disease prevention; (iii) dietary strategies, supplementation, and novel food substrates that enhance training outcomes or mitigate health deterioration and; and (iv) interdisciplinary approaches that combine physical activity, nutrition, and public health to foster sustainable health promotion.

Guest Editors

Dr. Raul Bartolomeu

Polytechnic of Guarda, Guarda, Portugal

Dr. Márcio Carocha

Laboratório Associado para a Sustentabilidade e Tecnologia em Regiões de Montanha, Centro de Investigação de Montanha, Instituto Politécnico de Bragança, Bragança, Portugal

Dr. Jorge Morais

Department of Sport Sciences, Instituto Politécnico de Bragança (IPB), 5300-253 Bragança, Portugal

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Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appls@mdpi.com

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About the Journal

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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