

Special Issue

Effects of Exercise, Nutrition and Genetics on Health and Physical Performance

Message from the Guest Editors

This Special Issue explores the complex interplay between exercise, nutrition, and genetic and epigenetic factors in shaping health and physical performance. It highlights recent research on how training adaptations, dietary strategies, and inherited traits influence athletic performance, disease prevention, and overall well-being. Additionally, it examines the role of epigenetic modifications in response to lifestyle factors, shedding light on how gene expression can be regulated by exercise and nutrition. By integrating multidisciplinary insights, this Special Issue aims to advance our understanding of personalized approaches to health, fitness, and performance optimization.

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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.

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