

Special Issue

Ageing, Nutrition and Physical Activity

Message from the Guest Editors

With the global increase in aging populations, a current and future key challenge is to improve health expectancy. It is well established that normal aging is associated with a loss of muscle mass (sarcopenia), with concomitant loss of muscle function and increased risk of falls, reduced ability to perform daily tasks and subsequent reduced quality of life. Therefore, a balanced and optimal protein–energy homeostasis is recognized as a major dietary-related determinant of healthy ageing. Current research suggests that both balanced diet and regular physical activity play key roles in maintenance of functional health and promotion of healthy ageing. We are pleased to open the call for manuscript submission to *Geriatrics* focusing on these important issues in the areas of nutrition, physical activity and ageing. Keywords

- Ageing
- Nutrition
- Diet
- Physical activity
- Exercise
- Functional capability
- Obesity

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Deadline for manuscript submissions

closed (31 October 2019)



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About the Journal

Message from the Editor-in-Chief

Our new journal is launched to serve geriatrics specialists and colleagues from other disciplines as an interface between theory and clinical practice. Pushing the boundaries of the discipline, I kindly invite you to consider publishing your current work in *Geriatrics*. We have chosen the format of an open access journal to provide all interested parties with a platform for their basic research and health care studies as well. For details on the submission process or any other matter, please visit the journal website. I hope to handle your contribution to *Geriatrics* soon to publish innovative, relevant, thought provoking ideas.

Editor-in-Chief

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