Special Issue

The Relationship Between Physical Activity, Dietary Habits and Health Status

Message from the Guest Editors

We are pleased to invite you to provide clinicians and researchers with evidence-based recommendations regarding combined physical activity/training programs with dietary intake control, ingesting nutritional supplements, and/or using ergogenic aids to optimize and enhance wellness, performance, and health adaptations. Aim of the Special Issue and how the subject relates to the journal scope. Please make sure that your Special Issue is in the scope of the journal. You can check the scope in the Journal menu: Aims & Scope, Additionally, the scope should not be too broad or too narrow. This Special Issue aims to analyze the need to study the effects of combined physical activity and dietary intake on female and male exercise practitioners' adaptations, health, and performance. Therefore, in this Special Issue, we aim to publish original research articles, systematic reviews, and metaanalyses addressing the need to study the effects of combined physical activity and dietary intake on female and male exercise practitioners' adaptations, health, and performance. We look forward to receiving your contributions.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

issues.

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