

## 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 meta-analyses 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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### Deadline for manuscript submissions

30 September 2025



## Healthcare

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CiteScore 4.7  
Indexed in PubMed



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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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### Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).