

## Special Issue

# Integrative Strategies in Exercise, Nutrition, and Health: Preventing Diseases and Promoting Well-Being

### Message from the Guest Editor

Exercise and nutrition are fundamental pillars for enhancing and optimizing health and preventing chronic diseases. Integrative approaches that combine tailored exercise interventions with precise nutritional strategies hold immense potential for advancing our understanding of sustainable health and well-being. Addressing these intersections is vital not only for athletes but also for the general population seeking to improve physical and mental health. We aim to address challenges related to accelerating recovery, managing chronic conditions, and promoting long-term well-being through integrated approaches. Topics of interest include, but are not limited to:

- The effects of personalized nutrition on exercise and recovery.
- Innovative exercise and nutritional interventions for health management.
- Supplementation strategies for optimizing athletic and general health outcomes.
- Long-term implications of dietary and exercise regimens on metabolic health.
- The role of exercise and diet in preventing injury and improving immune function.
- Interactions between exercise, nutrition, and mental health.

### Guest Editor

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### Deadline for manuscript submissions

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## Healthcare

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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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