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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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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