



Conditioning Strategies for Human High Performance and Health

Guest Editor:

Message from the Guest Editor

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Dear Colleagues,

Leveraging the health and sports science research base, research, such as human life and cognitive science research, is the most meaningful study to discover optimal conditioning. Optimal conditioning can be expected through the development of exercise, nutrition and rest (sleep), psychology, and comprehensive exercise and training programs. By doing so, you can contribute to the health of not only athletes but society as a whole.

- Nutritional Strategies for Optimal Conditioning
- Psychological Strategies for Optimal Conditioning
- Exercise Strategies for Optimal Conditioning
- Optimal exercise strategy for improving cognitive function
- Rehabilitation strategy for optimal conditioning
- Optimal conditioning for a healthy life.





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Message from the Editor-in-Chief

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