

Special Issue

Promotion of Healthier Lifestyles through Nutrition and Physical Activity

Message from the Guest Editors

We are very pleased to announce a Special Issue of the *International Journal of Environmental Research and Public Health* entitled "Promotion of Healthier Lifestyles Through Nutrition and Physical Activity". We invite you to submit your original research, including reviews and short communications, on this interdisciplinary topic area. This Special Issue seeks to consider how healthier lifestyles, for all age ranges, can and are promoted through nutrition and physical activity. We are particularly interested in studies focusing on diet, hydration and physical activity. The studies could be research investigations, intervention programs; trend analysis; policy analysis or related to promotion, support and/or protection of physical activity and nutrition. We are excited about this Special Issue and we are looking forward to receiving your high quality submissions. Keywords: Physical activity; Nutrition; Hydration; Diet; Healthy Lifestyles; Quality of Life; Wellbeing; Exercise; Diet

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Deadline for manuscript submissions

closed (30 April 2023)



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About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

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