

Special Issue

Advances in Community Nutrition and Physical Exercise

Message from the Guest Editors

For this Special Issue on “Advances in Community Nutrition and Physical Exercise”, we are interested in original research and all kinds of review articles studying or summarizing the effects and importance of nutrition and physical exercise on human health. The focus lies on human studies, with basic science investigations only welcomed if they are part of a human/clinical study. The topics we are interested in are broad and include food, macronutrients or micronutrients and human health, the relationship between physical exercise and diet or nutrition and efforts to improve healthy eating, nutritional assessments of food and nutrient intakes, human obesity, nutrition in the different populations, and, of course, highly up-to-date topics like training, body composition, supplementation, and health. We also welcome high-quality systematic reviews related to these matters. I would be very happy if this Special Issue serves as a trigger for considering more effective ways of community nutrition and physical exercise improvements in the future.

Guest Editors

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Prof. Dr. Jacobo A. Rubio-Arias

Deadline for manuscript submissions

closed (30 June 2021)



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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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