

Special Issue

Healthy Nutrition and Physical Activity

Message from the Guest Editors

Moderate physical activity combined with proper nutrition are considered protective factors against cardiovascular disorders, musculoskeletal injuries, dysregulation of immune system, cellular aging, neurodegenerative diseases and oxidative stress. At the same time, nutrition can help to enhance athletic performance. An active lifestyle and exercise routine, along with proper diet, is the best way to stay healthy. This Special Issue aims to highlight the impact of nutrition on physical activity on the onset of disorders that can endanger the health of people who have a poor diet and practice physical activity. Identifying the mechanisms underlying this relationship and defining new intervention strategies could represent a new useful tool to ensure a suitable diet to support physical activity in conditions of maximum safety. New research papers, reviews and case reports addressing these topics are invited for this special issue.

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Deadline for manuscript submissions

closed (31 December 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/78865

*International Journal of
Environmental Research and
Public Health*

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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.

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