

Special Issue

Physical Activity and Nutrition for Public Health

Message from the Guest Editors

Physical activity are common forms of activity aimed at improving overall fitness, wellbeing, and health both in healthy people as well in people with chronic diseases. Over the last decade, many regular types of physical activity researches with large prospective cohorts have been conducted. The risk of morbidity and mortality has been reduced by 30% to 40% as a result of exercise. Studies related to physical activity mainly analyze variables such as the type and order of effort or exercise, intensity, training volume, and frequency as well as duration of rest intervals. However, the effectiveness of different training methods in the development of physical fitness and prevention is also associated with an appropriate diet and supplementation, adapted to individual needs. Due to the importance of training and nutrition in public health, it is important to investigate and understand the influence of different training methods, nutrition, and its acute and chronic impact on health, anti-aging promotion. This Special Issue will welcome studies related to the impact of physical activity and nutrition concepts on acute and chronic changes in physical fitness and health.

Guest Editors

Dr. Michal Wilk

Prof. Dr. Michał Krzysztofik

Dr. Aleksandra Filip-Stachnik

Deadline for manuscript submissions

closed (30 November 2023)



Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



mdpi.com/si/80306

Journal of Clinical Medicine
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

mdpi.com/journal/

[jcm](https://mdpi.com/journal/)





Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



mdpi.com/journal/

jcm



About the Journal

Message from the Editorial Board

Journal of Clinical Medicine (ISSN 2077-0383) is an international, peer-reviewed, open access journal dedicated to advancing clinical and preclinical research. Our Editorial Board and staff are committed to delivering cutting-edge, timely, peer-reviewed articles spanning the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and impactful research articles, as well as reviews that are clinically significant and relevant to the full spectrum of medical disciplines. All full texts are archived in PubMed Central and indexed in SCIE (Web of Science), Scopus, PubMed, and other major databases. We invite you to submit your manuscript for publication, as well as join our community as a reviewer or reader online.

Editors-in-Chief

Prof. Dr. Emmanuel Andrès

Internal Medicine Department, University Hospital Strasbourg, 67081
Strasbourg, France

Prof. Dr. Kent Doi

Department of Emergency and Critical Care Medicine, The University of
Tokyo, Tokyo, Japan

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1
(General Medicine)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.5 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the second half of 2025).