

Special Issue

Nutrition, Exercise and Stress

Message from the Guest Editor

Stress plays a significant role in overall health. There are many forms of both acute and chronic stress, including but not limited to physical, chemical, and workplace stress. Acute stress may have beneficial effects on health and performance, such as through the release of cortisol and adrenaline, which increases arousal and concentration. However, long-lasting chronic stress may impair physiological health, which may cause fatigue, obesity, sleep disorders, pain, gastrointestinal discomfort, cardiovascular disease, etc. Nutrition and exercise interventions can adjust a person's physiological state to better cope with the effects of stress. Reducing chronic stress through holistic behaviors such as nutrition and exercise is important for approving acute stress responses and long-term health. This Special Issue seeks articles related to the following topics: physiological responses to acute stress, the impact of exercise and/or nutrition on acute or chronic stress, the impact of stress on exercise performance and/or nutrition behaviors, the effects of exercise, nutrition, and/or stress on health, and related areas.

Guest Editor

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Message from the Editor-in-Chief

Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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