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The Effects of Nutrition and Physical Activity on the Health of Older Adults

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Deadline for manuscript
submissions:

5 October 2024

Message from the Guest Editor

Dear Colleagues,

Evidence shows the importance of diet and physical activity for older adults. However, there are still many gaps in our knowledge regarding physical activity, sedentary behavior, and diet in improving the health-related quality of life among older adults, especially older adults with sarcopenia, frailty, and chronic diseases. Thus, the effects of the interaction between diet and physical activity on older adults need to be researched deeply.

Therefore, this Special Issue of *Nutrients* “The Effects of Nutrition and Physical Activity on the Health of Older Adults” welcomes submissions of original research and reviews focusing on nutrition and physical activity in older adults.



mdpi.com/si/172972

Special Issue



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Message from the Editorial Board

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