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Investigation of Nutrition and Health Status of Masters Athletes

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Deadline for manuscript
submissions:

closed (31 December 2023)

Message from the Guest Editor

Dietary risks are some of the leading causes of death and disability globally. A healthy lifestyle, with good nutrition as an integral component, is known to be associated with a lower risk of chronic conditions even if adopted later in life. Masters athletes engage in activity and sports beyond population guidelines and frequently engage in sporting competition. They are known to be healthier than their sedentary peers; however, there is a need to know more about their dietary behaviours and the link to nutrition and health status.

This Special Issue invites submissions of manuscripts either describing original research or reviews with a focus on the nutrition and health status of masters athletes. Submissions relating to nutrition and/or exercise metabolism in humans are welcome; however, submissions on in vitro work and animal models are not a focus of this Special Issue.



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Special Issue



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