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Promoting Healthy Diet and Physical Activity for Lifelong Health

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Message from the Guest Editor

There remains an unprecedented increase in lifestyle-related chronic diseases such as diabetes, cardiovascular disease, and cancer. Healthy living across the lifespan requires maintaining adequate nutrition and an active lifestyle. Lifestyle prevention can be applied at any stage, whether in the early phase such as in populations with obesity or at high risk or late phase for those with a known condition, such as diabetes or cardiovascular disease.

This Special Issue focuses on bringing the latest evidence together from all types of studies involving any lifestyle component with a focus on studies involving physical activity, exercise or nutritional strategies. We particularly welcome studies which combine nutritional and exercise components' mechanistic effects on various population groups (those at risk of with conditions including diabetes and cardiovascular disease, novel nutraceuticals and/or novel applications of functional foods or nutraceuticals). Novel combinations of exercise and nutritional approaches involving healthy participants are also welcome.



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Special *Issue*



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