



Exercise and Nutrition in COVID-19

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Message from the Guest Editor

The COVID-19 pandemic began to take effect in early 2020 and caused many shifts in how we undertake our regular routines. The consequences were widespread; for example, workplaces shifted to working from home, universities pivoted to online learning, and children were schooled from home. The effects that the pandemic has had, and will continue to have, are embedded in our everyday lives in terms of our access to food, our choices of what and when to eat, and how we are able to keep physically active—especially when under stay-at-home restrictions. It is of interest to understand how such lifestyle changes may have modified our dietary intake and physical activity, as well as the evolving changes affecting other measures of physical and mental health. As COVID-19 has affected all regions of the world, in very different ways, we welcome submissions illustrating both positive and negative alterations to nutrition and exercise from around the globe. The purpose of this Special Issue is, therefore, to collect contributions regarding the effects that the COVID-19 pandemic has had, and is continuing to have, on the relationship between nutrition and exercise/physical activity.





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