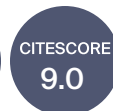




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The Effects of Healthy Lifestyles on Chronic Diseases: Focusing on Diet, Sleep and Exercise

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Message from the Guest Editors

Health is a topic that is both long investigated but also constantly developing. Among all the factors affecting health, lifestyle is the most controllable and influential factor. A proper diet, moderate exercise, and adequate sleep are the three cornerstones of a healthy lifestyle. Developing and adhering to healthy habits and behaviors can effectively prevent and control chronic diseases. An important factor that is often overlooked regarding a healthy lifestyle is the impact of circadian rhythms. The timing component is an important factor when studying the effect of diet, sleep, and exercise on health, and taking into account lifestyle interventions could lead to additional health benefits.

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