



## Diet Quality, Physical Activity, and Fitness in Young Populations

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### **Message from the Guest Editor**

Physical activity and physical fitness are amongst the most important factors for improving health in all populations. It is known that higher intensities of physical activity, such as moderate or vigorous physical activity, could be related to better diet quality. Furthermore, evidence suggests that physical fitness in childhood might also be positively related to diet quality. However, the information provided in this area is still scarce and more research is needed.

Therefore, this Special Issue “Diet Quality, Physical Activity, and Fitness in Young Populations” welcomes original research articles as well as reviews and meta-analyses in any subject area related to diet quality, physical activity, and physical fitness in young populations.





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