



Exercise and Nutritional Interventions for Older Adults

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Message from the Guest Editors

Living to a ripe old age is the goal of many people, as it allows a vast variety of life experiences to be had. What, then, may be some strategies that increase our chance to reach such an age and to maintain good health? While the healthcare systems in many Western countries focus on a pharmacological approach to this question, increasing evidence points to the importance of exercise and diet to achieve these outcomes. However, there are still many gaps in our knowledge regarding exercise and diet in improving the lives of older adults. For example, what constitutes the optimal exercise prescription and dietary intake is still not completely understood, especially for older adults with sarcopenia, frailty and other chronic diseases. Further, we have still not been effective in increasing the prevalence of physical activity and suitable dietary intakes for older adults. We therefore welcome submissions of original research or systematic reviews examining the efficacy of different physical activity and nutritional strategies for older adults or studies examining ways in which we can increase the prevalence of physical activity and dietary intakes for older adults.





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