

Special Issue

The Effects of Nutrition and Physical Activity on the Health of Older Adults

Message from the Guest Editor

Evidence shows the importance of diet and physical activity for older adults. However, there are still many gaps in our knowledge regarding physical activity, sedentary behavior, and diet in improving the health-related quality of life among older adults, especially older adults with sarcopenia, frailty, and chronic diseases. Thus, the effects of the interaction between diet and physical activity on older adults need to be researched deeply. Therefore, this Special Issue of *Nutrients* "The Effects of Nutrition and Physical Activity on the Health of Older Adults" welcomes submissions of original research and reviews focusing on nutrition and physical activity in older adults.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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