

Special Issue

Nutrition and Exercise Synergy in Non-Communicable Diseases

Message from the Guest Editors

Recent years have shown increasing interest in maintaining overall health, characterized by improved life- and health-span. This trend has driven major efforts to understand the mechanisms behind physical fitness and to identify strategies that enhance quality of life. Regular physical activity provides significant physical and mental health benefits and plays a key role in preventing and managing noncommunicable diseases. At the same time, a balanced diet supports the maintenance of good health. Recent findings emphasize a crucial link between nutrition and exercise, as many nutrients (e.g., antioxidants, supplements) share pathways with physical activity. While neither strategy can fully substitute the other, their combination may have synergistic effects, leading to greater health benefits. This Special Issue welcomes reviews, original research, and short communications offering new insights into the combined effects of nutrition and exercise in human or relevant animal studies.

Guest Editors

Dr. Emiliana Giacomello

Department of Medicine, Surgery and Health Sciences, University of Trieste, 34149 Trieste, Italy

Dr. Luana Toniolo

Laboratory of Muscle Biophysics, Department of Biomedical Sciences, University of Padova, 35131 Padova, Italy

Deadline for manuscript submissions

25 January 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/245315

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)