

Special Issue

Nutrition-Related Evaluation Methods and Applications for Body Composition and Physical Fitness

Message from the Guest Editor

Welcome to our Special Issue entitled "Nutrition-related Evaluation Methods and Applications for Body Composition and Physical Fitness". Body composition and physical fitness are integral components of overall health and well-being. This Special Issue aims to explore the diverse methods and practical applications in assessing and utilizing body composition and physical fitness data that could also help nutrition specialists in their work. We invite authors to contribute original research, reviews, and innovative studies that focus on cutting-edge evaluation techniques, advancements in technology, and real-world applications related to body composition and physical fitness. Join us in examining the ever-evolving landscape of body composition and physical fitness evaluation, as well as nutrition. Your research can help shape how we assess and leverage these metrics to improve health, performance, and quality of life. We look forward to your valuable contributions to this dynamic field.

Guest Editor

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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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