

## Special Issue

# Nutrition and Physical Activity to 24-Hour Movement (Physical Activity, Sedentary Behavior, and Sleep)

### Message from the Guest Editors

Evidence has demonstrated the complex relationship between 24-hour movement patterns and nutritional behaviors across populations.

Research on population-specific movement and nutrition patterns is needed to understand how 24-hour movement patterns vary across age groups, occupations, and lifestyle choices, and their subsequent impact on health outcomes. Of particular interest is how these patterns interact with nutritional behaviors, including meal timing, portion sizes, and nutrient composition.

Further investigation into the bidirectional effects of movement and nutrition is required to elucidate the reciprocal relationship between movement patterns and nutritional intake. This includes examining how different activity patterns influence dietary choices and nutrient utilization, as well as how various nutritional strategies affect daily movement behaviors. Advanced analytical approaches, including isotemporal substitution and compositional analysis, should be used to provide comprehensive insights into these complex relationships. Such research will be instrumental in developing more effective, targeted, health promotion strategies and chronic disease prevention programs.

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### Deadline for manuscript submissions

closed (25 May 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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