

## 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.

### Guest Editors

Prof. Dr. Yung Liao

Gradual Institute of Sports, Leisure and Hospitality Management,  
National Taiwan Normal University, Taipei 10610, Taiwan

Dr. Ting-Fu Lai

Department of Health Promotion and Health Education, National  
Taiwan Normal University, Taipei 10610, Taiwan

### Deadline for manuscript submissions

closed (25 May 2025)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/223365](https://mdpi.com/si/223365)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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)