

## Special Issue

# The Role of Healthy Eating and Physical Activity in Longevity

### Message from the Guest Editor

In recent years, the importance of diet and physical activity in promoting longevity has gained significant attention in scientific research. Understanding how these factors interplay to enhance lifespan and improve quality of life is crucial for addressing the global challenges posed by aging populations. I am pleased to invite authors to contribute to a Special Issue of *Nutrients* entitled "The Role of Healthy Eating and Physical Activity in Longevity". This Special Issue explores the critical roles of healthy eating patterns and regular physical activity that promote longevity. The topic aligns impeccably with the journal's focus on nutrition and health, offering valuable insights into how diet and exercise can be optimized to extend life expectancy and improve overall well-being. The scope of this Special Issue includes but is not limited to, studies on nutritional strategies that promote healthy aging, the impact of physical activity on lifespan, the interaction between diet and exercise in aging, and the role of specific nutrients in longevity.

### Guest Editor

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### Deadline for manuscript submissions

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## Nutrients

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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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