

Special Issue

Synergistic Effects of Nutrition and Exercise on Sarcopenia, Osteosarcopenia, and Frailty, Intrinsic Capacity: Pathways to Healthy Longevity

Message from the Guest Editors

Sarcopenia, osteosarcopenia, intrinsic capacity and frailty are major global challenges in the promotion of healthy aging. In this context, nutrition and exercise are key components of therapeutic interventions aimed at improving these geriatric syndromes, preserving functional ability, and promoting healthy longevity. However, evidence regarding the synergistic effects of nutrition and exercise interventions on sarcopenia, osteosarcopenia, and frailty remains limited. Therefore, we are pleased to announce this Special Issue, which aims to explore emerging scientific evidence on the combined role of nutritional and exercise-based interventions in the prevention and management of these conditions. This Special Issue welcomes original research articles and reviews addressing topics related to:

- Nutrition and dietary interventions in sarcopenia, osteosarcopenia, and frailty.
- Exercise interventions in sarcopenia, osteosarcopenia, and frailty.
- Observational studies on nutrition, exercise, sarcopenia, osteosarcopenia, intrinsic capacity, and frailty.
- Mechanistic studies exploring the biological pathways linking nutrition, exercise, muscle, bone, and frailty.

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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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