

## Special Issue

# Nutrition, Physical Activity and Women's Health

### Message from the Guest Editors

Lifestyle impacts women's health, including obstetrics and gynecological conditions, and during adolescence and adulthood. One of the solutions for the prevention and control of these disorders may be appropriate nutrition and physical activity. This Special Issue is dedicated to fostering a more comprehensive understanding of how nutrition and physical activity impact women's health, with far-reaching consequences in obstetrics and gynecology. This Special Issue aims to present original papers and reviews on all aspects of women's health. Research on the relation of nutrition and physical activity to obstetrics and gynecology conditions is highly welcomed.

### Guest Editors

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### Deadline for manuscript submissions

closed (25 July 2025)



## 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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### Editors-in-Chief

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