

Special Issue

Healthy Aging: The Role of Diet and Exercise on the Body of Older Adults

Message from the Guest Editor

The global population is aging rapidly, and maintaining health and function in later life is becoming increasingly important. This Special Issue, entitled “Healthy Aging: The Role of Diet and Exercise on the Body of Older Adults”, aims to explore how lifestyle factors—particularly nutrition and physical activity—contribute to healthy aging and the prevention of age-related diseases. We welcome original research, systematic reviews, and meta-analyses that address the role of dietary patterns, specific nutrients, physical activity interventions, and their combined effects on the body composition, metabolic health, physical function, cognitive decline, frailty, and overall quality of life of older adults. We welcome studies that employ clinical, epidemiological, and public health approaches, as well as papers that focus on individualized or community-based strategies to promote healthy aging. Through this collection, we hope to offer evidence-based insights that support the development of effective interventions and public health policies for aging societies.

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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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