

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.

Guest Editor

Dr. Soyoun Kim

1. Department of Family Medicine, Seoul National University Hospital, Seoul National University College of Medicine, Seoul, Republic of Korea
2. Graduate School of Public Health, Seoul National University, Seoul, Republic of Korea

Deadline for manuscript submissions

25 May 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/246972

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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)