

Special Issue

Effects of Physical Activity and Nutritional Supplementation on Muscle Health

Message from the Guest Editor

This issue will focus on exercise and nutritional interventions, with a particular emphasis on how they contribute to muscle maintenance, growth, recovery, and overall well-being. We invite researchers, practitioners, and experts in the fields of kinesiology, nutrition, gerontology, sports science, and clinical health to submit their latest findings. We are particularly interested in manuscripts that address, but are not limited to, the following topics:

- The physiological mechanisms linking physical activity and muscle adaptation;
- The role of specific nutrients (proteins, amino acids, vitamins, and minerals) in muscle health;
- Combined effects of exercise and supplementation on muscle performance;
- Nutritional strategies for muscle recovery post-exercise or post-injury;
- Impact of exercise and nutrition on muscle health in clinical settings;
- Gender differences in the effect of physical activity and supplementation on muscle health.

Guest Editor

Dr. Melissa Puppa

College of Health Science, University of Memphis, Memphis, TN, USA

Deadline for manuscript submissions

15 November 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/237481

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)