

## Special Issue

# Promoting Healthy Diet and Physical Activity for Lifelong Health

### Message from the Guest Editor

There remains an unprecedented increase in lifestyle-related chronic diseases such as diabetes, cardiovascular disease, and cancer. Healthy living across the lifespan requires maintaining adequate nutrition and an active lifestyle. Lifestyle prevention can be applied at any stage, whether in the early phase such as in populations with obesity or at high risk or late phase for those with a known condition, such as diabetes or cardiovascular disease. This Special Issue focuses on bringing the latest evidence together from all types of studies involving any lifestyle component with a focus on studies involving physical activity, exercise or nutritional strategies. We particularly welcome studies which combine nutritional and exercise components' mechanistic effects on various population groups (those at risk of with conditions including diabetes and cardiovascular disease, novel nutraceuticals and/or novel applications of functional foods or nutraceuticals). Novel combinations of exercise and nutritional approaches involving healthy participants are also welcome.

---

### Guest Editor

Prof. Dr. Ahmad Alkhatib

College of Life Sciences, Birmingham City University, Edgbaston, Birmingham B15 3TN, UK

---

### Deadline for manuscript submissions

closed (15 November 2023)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/129746](https://mdpi.com/si/129746)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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 (IUIBS), 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)