

Special Issue

Healthy Diet, Physical Activity and Aging

Message from the Guest Editors

Population aging is one of the primary challenges facing contemporary societies, with profound implications for public health, the economy, and quality of life. In this context, healthy lifestyles are essential strategies to promote healthy aging and mitigate the adverse effects of biological aging.

Scientific evidence has shown that lifestyle modifications in factors such as diet and physical activity have the potential to reduce the risk of age-related disorders, disabilities, or chronic diseases that promote increased physical and/or cognitive frailty.

This Special Issue of *Nutrients*, "Healthy Diet, Physical Activity and Aging", aims to submit original research and literature reviews on these topics.

With a sustained increase in lifespan, understanding and promoting the synergies between a healthy diet and physical activity is crucial to changing the paradigm of aging, taking a preventive rather than a reactive approach. These interventions can improve longevity and preserve quality of life and autonomy in older people.

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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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