

Special Issue

Relationship Between Dietary Habits and Physical Activity in Modern Lifestyles

Message from the Guest Editor

Physical activity and dietary habits are modifiable factors that play crucial roles in human development and overall health. Low levels of physical activity and poor dietary choices contribute to increased morbidity and mortality by inducing metabolic disorders (such as obesity, hypertension, type 2 diabetes, and hyperlipidemia) and sarcopenia. They are also associated with negative mental health impacts and reduced quality-of-life indicators. Contemporary living environments, despite offering unprecedented access to scientific knowledge about balanced nutrition and the benefits of physical activity, are not always conducive to the adoption of healthy lifestyle choices, either among healthy individuals or those living with chronic conditions. The dynamic development of technology, including digital media, contributes to prolonged sedentary behavior and an increase in poor dietary decisions. As a result, maintaining an appropriate balance between physical activity and healthy nutrition is becoming increasingly challenging at both individual and societal levels.

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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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