

## Special Issue

# Physical Activity and Nutritional Supplements for the Elderly

### Message from the Guest Editor

Maintaining physical activity and a balanced diet is crucial for the health and well-being of the elderly. Regular physical activity improves cardiovascular health, enhances muscle strength, increases flexibility, and helps maintain a healthy weight. Activities such as walking, swimming, yoga, and strength training contribute to better physical and mental health, reducing the risk of chronic diseases like heart disease, diabetes, and arthritis. In addition to physical activity, nutritional supplements play a significant role in supporting the health of older adults. As people age, their bodies may require additional vitamins and minerals to address dietary deficiencies or changes in metabolism. Combining regular physical activity with appropriate nutritional supplements can enhance quality of life and reduce the risk of age-related health issues. I invite you to publish original research papers and reviews on the current understanding of the health effects and value of physical activity and nutritional supplements. This Special Issue will significantly enhance our knowledge of aging and health.

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### Deadline for manuscript submissions

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## Nutrients

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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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