

Special Issue

Synergizing Physical Activity, Nutrition and Body Composition in Athletic Health

Message from the Guest Editor

Optimizing athletic health requires an integrative understanding of how physical activity, nutrition, and body composition interact to enhance performance, recovery, and long-term well-being. Emerging evidence highlights that training adaptations are not only dependent on exercise stimuli but also on precise nutritional strategies that modulate energy availability, substrate utilization, hormonal balance, and molecular signaling pathways. Likewise, body composition—particularly the ratio of lean mass to fat mass—plays a critical role in metabolic efficiency, immune function, and injury prevention. This Special Issue aims to gather high-quality original research and reviews addressing the synergistic mechanisms between exercise and nutrition that influence physiological performance, health outcomes, and individualized interventions in athletes. Studies exploring molecular, metabolic, and behavioral approaches to improve body composition, recovery, and overall athletic health and performance are especially encouraged. Through this integrated lens, we can advance toward a more precise and evidence-based model of sports science.

Guest Editor

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Deadline for manuscript submissions

closed (25 May 2026)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.8
CiteScore 10.2
Indexed in PubMed



mdpi.com/si/258801

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Message from the Editor-in-Chief

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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