

Special Issue

Hydration and Body Composition in Sports Practice

Message from the Guest Editor

Analyzing hydration status and monitoring body composition is an important topic when discussing the benefits of leading a healthy lifestyle, due to its influence on health status and sports performance. In the last few years, the scope of research in sports has become increasingly wide and detailed, laying the foundations for the development of innovative evaluation approaches aimed at improving body composition, health, and physical function. The articles published in this research collection highlight the relationship among these specific parameters through longitudinal and transversal experimental designs as well as systematic literature reviews. Contemporary researchers have contributed to the field of research on improving health and sports performance through the development of new measurement methods for assessing hydration status and training strategies for improving body composition and sports performance. Investigators that have conducted studies on these topics are invited to submit manuscripts for consideration for this Special Issue in *Nutrients*.

Guest Editor

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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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