

Special Issue

Effects of Exercise and Diet on Health

Message from the Guest Editor

In societies, which are changing almost daily, wellbeing, health, and a healthy lifestyle are crucial. Wellbeing is correlated to many positive changes in the economic status of populations, which then lead to an increase in food consumption as well. To counteract the negative effects from increased food consumption, education is more important than ever. How should we lead our lives, what is healthy for consumption, and how much should one exercise? How can we change our lifestyle from a sedentary one into a more physically active one, thus increasing our health? Physical activity and a well-balanced diet are very important health strategies, but they are only effective only when combined in a complex manner. Much scientific data have been presented already, but there is a need to collate them, and this Special Issue is one such avenue for this purpose. This issue seeks to increase individuals' motivation to lead an active, healthy lifestyle, while showing the latest data from interventions and professional programs.

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About the Journal

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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