

## Special Issue

# Performance in Sports, Physical Activity, Exercise: Nutrition, Fatigue and Recovery

### Message from the Guest Editors

This Special Issue delves into the intricate relationship between nutrition and hydration in optimizing athletic performance. As the demand for peak physical and mental output continues to grow in competitive and recreational sports, understanding the science behind fueling, hydrating, and accelerating recovery has become essential. The issue explores how macronutrients, micronutrients, and hydration strategies influence energy metabolism, endurance, muscle strength and power. It examines the physiological and psychological dimensions of recovery, offering insights into prevention and management techniques.

Contributions also include evidence-based approaches to personalized nutrition, hydration protocols tailored to environmental conditions, and innovations in safe supplementation to enhance performance and recovery. Bridging the gap between science and practice, this Special Issue provides a comprehensive understanding of how athletes, coaches, and practitioners can implement effective strategies to improve outcomes in training and competition.

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### Deadline for manuscript submissions

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## Nutrients

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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.

### Editors-in-Chief

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