

Special Issue

Nutritional Support, Dietary Strategies and Exercise on Bone and Muscle

Message from the Guest Editors

Bone and muscle tissues are crucial for overall well-being across one's lifespan. There is a close relationship between nutrition, exercise and bone and muscle health that can impact overall quality of life. From a nutritional point of view, macro and micronutrients (i.e., vitamins and minerals) are closely related to bone and body composition. Moreover, by modifying the type or intensity of exercise as well as with different nutritional strategies, bone and muscle health can be significantly altered. This Special Issue explores the relationship between nutrition, exercise and bone and muscle health, with the aim of determining and explaining the basis for dietary strategies, nutritional support or exercise that are related or may impact bone and muscle health in different types of populations. This Special Issue invites submissions on topics including epidemiology, clinical trials, observations, and systematic reviews and meta-analyses. Submissions of new findings from current work on nutrition, dietary strategies and exercise that can provide insightful perspectives on bone and muscle health are welcome.

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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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