

Special Issue

The Effects of Healthy Lifestyles on Chronic Diseases: Focusing on Diet, Sleep and Exercise

Message from the Guest Editors

Health is a topic that is both long investigated but also constantly developing. Among all the factors affecting health, lifestyle is the most controllable and influential factor. A proper diet, moderate exercise, and adequate sleep are the three cornerstones of a healthy lifestyle. Developing and adhering to healthy habits and behaviors can effectively prevent and control chronic diseases. An important factor that is often overlooked regarding a healthy lifestyle is the impact of circadian rhythms. The timing component is an important factor when studying the effect of diet, sleep, and exercise on health, and taking into account lifestyle interventions could lead to additional health benefits.

Guest Editors

Dr. Inês Chaves

Department of Molecular Genetics, Erasmus MC Cancer Institute, Erasmus University Medical Centre Rotterdam, 3015 GD Rotterdam, The Netherlands

Prof. Dr. Henrik Oster

Center of Brain, Behavior and Metabolism, Institute of Neurobiology, University of Lübeck, Marie Curie Street, 23562 Lübeck, Germany

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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