

## Special Issue

# Exercise and Nutrition for Older People

### Message from the Guest Editor

Exercise training is one of the most effective and sustainable lifestyle interventions in preventing the development of age-related comorbidities and premature death as well as improving outcomes in comorbid conditions. Over the last decades we have substantially improved our understanding of the basic biology of aging and the mechanisms of age-related comorbidities, such as the influence of low-grade chronic inflammation and oxidative stress; however, the precise mechanisms of adaptation to exercise training and the heterogeneity of the responsiveness to exercise training in older adults are poorly understood. Additionally, proper nutrition and the supplementation of deficient nutritional compounds may optimize the response to exercise training. Therefore, we need translational investigations to better understand the systemic response to exercise, cross-talk between the organs, and the role of nutrients during the adaptation process. For this Special Issue, we are inviting a wide range of relevant research, spanning from basic to clinical sciences, including original research, systematic reviews, and meta-analyses covering the following topics.

### Guest Editor

Dr. Robert T. Mankowski

Department of Physiology and Aging, University of Florida, Gainesville, FL, USA

### Deadline for manuscript submissions

closed (5 March 2024)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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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 (UIBS), 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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