

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

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Deadline for manuscript submissions

closed (5 March 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0

CiteScore 9.1

Indexed in PubMed



mdpi.com/si/151477

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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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