

Special Issue

Exercise, Diet, and Mitochondria

Message from the Guest Editor

Mitochondria are considered prokaryotes that are symbiotic to eukaryotic cells. They age quickly, within weeks. Unhealthy and aged mitochondria cause cellular dysfunction, inducing immune attack and elevating inflammation in tissues. Exercise is a natural challenge that eliminates weak mitochondria through mitophagy and inducing mitochondrial biogenesis. The influence of diet on this process is a key topic in human health. Our aim for this Special Issue is to gather new findings on how exercise and dietary interventions influence mitochondrial health, to expand on the current knowledge in this field.

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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.

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