

Special Issue

Physical Activity and Nutrition Practices for Healthy Living Across the Lifespan

Message from the Guest Editors

This Special Issue aims to explore the intersection of diet, physical activity, and healthy living, emphasizing innovative research that sheds light on evidence-based practices and interventions that contribute to lifelong health and well-being. Welcome original research articles, reviews, and program evaluations that explore evidence-based interventions targeting various age groups, from childhood to older adulthood. Submissions targeting populations with disabilities are strongly encouraged, as are studies that emphasize inclusive approaches to physical activity and nutrition or that consider social and emotional well-being. In particular, the intersection of these factors and their impact on overall health outcomes, innovative strategies to promote health at all stages of life, and evaluating the effectiveness of community programs, policy-level interventions, or new approaches in the field. Overall, the goal of this special issue is to provide a comprehensive platform with multidisciplinary perspectives to inform best practices and future research priorities in the fields of physical activity, nutrition, and health.

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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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