

## 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.

### Guest Editors

Dr. Erin E. Centeio

Kinesiology & Rehabilitation Science, University of Hawaii, Honolulu, HI, USA

Dr. Jeanne Barcelona

Center for Health and Community Impact, College of Education, Wayne State University, Detroit, MI, USA

### Deadline for manuscript submissions

25 September 2025



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/229904](https://mdpi.com/si/229904)

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

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### 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 (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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)