

Special Issue

Effects of Diet–Exercise Interaction on Human Health across the Lifespan

Message from the Guest Editors

Specific exercise training programs, and physical activity more generally, have been reported as some of the best non-pharmacological ways to improve health-related factors throughout life (e.g., body composition, physical fitness, quality of life, even mortality). However, different types of exercise training may lead to distinct health benefits, and not all populations may respond in the same way. On the other hand, other important factors such as the status of several nutrients or poor nutrition are related to health issues and could also interfere with the benefits obtained throughout exercise programs. Moreover, the combined effects of nutrition and exercise on health have been investigated to a lesser extent. Therefore, in this Special Issue we are looking for original research articles, systematic reviews, and meta-analyses addressing the combined effects or associations of exercise training, physical activity, and diet parameters on health in several populations over the course of a lifetime.

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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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