

Special Issue

Physical Activity And Diet For Health Optimisation

Message from the Guest Editors

Health researchers often explore dietary behavior and physical activity in separate lines of work; rarely do researchers consider the possible interplay between these important health behaviors. In this Special Issue, however, researchers look at dietary behavior and physical activity together, exploring how and why the undertaking of one behavior may influence the other. Also, this Special Issue covers the health outcomes of interactions between dietary behaviour and physical activity. This Special Issue will provide the readers with novel perspectives on health promotion involving diet and physical activity and will hopefully stimulate more research in this important area.

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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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