

Special Issue

Interaction of Nutrition and Exercise for Health Promotion and Exercise Performance Enhancement

Message from the Guest Editors

Adopting a specific diet, accompanied by systematic physical activity or organized exercise training, is essential for maintaining and improving various aspects of wellbeing (e.g., physical, mental, and social health) in healthy and clinical populations. On the other hand, diet and exercise are crucial for exercise performance enhancement in athletes and people who are training regularly. This Special Issue aims to provide further evidence that exercise and diet may act synergistically for the promotion of health and the improvement of exercise performance. Emphasis will be given to the effect of promising and popular diets, such as time-restricted feeding, the Mediterranean diet, high-protein diets, low-carbohydrate diets, etc., combined with various forms of exercise, including high-intensity interval training, high-intensity functional training, and sprint interval training, as well as regular low-intensity exercise, such as walking.

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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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