

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.

Guest Editors

Dr. Christoforos D. Giannaki

Department of Life and Health Sciences, University of Nicosia, Nicosia 2417, Cyprus

Prof. Dr. Gregory C. Bogdanis

School of Physical Education and Sports Science, National and Kapodistrian University of Athens, Athens, Greece

Deadline for manuscript submissions

closed (31 March 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/122423

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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)