

Special Issue

Interaction of Amino Acids and Dietary Proteins and Exercise on Muscle Health

Message from the Guest Editor

The age-related decrease in muscle health is a main limiting factor for functional independence and longevity. Nutrient provision and physical activity are two key regulators of muscle function. Specifically, amino acids and dietary proteins influence muscle protein kinetics in response to endurance and weight-bearing exercise. This special issue will highlight emerging research on interactions between amino acids, dietary proteins, and exercise training that have potential to impact muscle health and biology.

Guest Editor

Prof. Dr. Darren Candow

Faculty of Kinesiology and Health Studies, University of Regina, Regina, SK S4S 0A2, Canada

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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

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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 (IUIBS), 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

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