

Special Issue

The Effects of Nutrition on Physical Activity and Human Health

Message from the Guest Editor

Physical activity is regarded as one of the most important resilience-enhancing strategies. More knowledge about the relationship between nutrition and physical activity, as well as the mechanisms involved, is needed. Increased understanding of how regular physical activity can be maintained has important implications for health behavior and health promotion. Mental health is an integrated and essential part of health. The effect of different forms of physical activity such as aerobic and strength training, but also hard physical work, on stress resilience mechanisms and health also needs to be addressed.

We therefore invite authors to submit original and review articles investigating the relationship between nutrition and physical activity and effects on both objective (e.g., human biological factors) and subjective factors (e.g., self-reported mental health). We also invite authors investigating the effects of specific forms of physical activity on human health-related variables to submit their research. Case studies can also be considered for publication.

Guest Editor

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Deadline for manuscript submissions

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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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