

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

Dr. Anita Lill Hansen

Department of Psychosocial Science, University of Bergen, 5015 Bergen, Norway

Deadline for manuscript submissions

closed (20 August 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/69941

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 (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

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)