



## Aging Strong: Promoting Exercise and Nutrition to Combat Frailty in Older Adults

Guest Editor:

**Dr. Ricardo Aurélio Carvalho  
Sampaio**

Department of Physical  
Education, Federal University of  
Sergipe, São Cristóvão 49100-  
000, Brazil

Deadline for manuscript  
submissions:

**20 March 2024**

### Message from the Guest Editor

Dear Colleagues,

As people age, they may experience several changes that can impact their health and quality of life, including physical and cognitive changes. Common physical changes include decreased muscle mass and strength (i.e., sarcopenia), consequently resulting in impaired mobility, balance problems, and falling. The aging process may also be aggravated by the presence or combination of chronic diseases, poor nutrition, and sedentary behavior, and, once they are related to frailty, a multidimensional state of increased vulnerability to adverse health outcomes.

Considering this, this Special Issue aims to disseminate studies focused on identifying the characteristics and/or magnitude of physical and cognitive aspects (or changes) in older people (e.g., by the analysis of body composition, physical function (and activities of daily living), strength, balance, sedentary behavior, noncommunicable diseases); as well as to identify exercise programs and nutritional programs that can promote health in this population. Interventions, case-control, cross-sectional, longitudinal, systematic reviews, and meta-analysis studies are welcomed for submission.





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## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

School of Computer,  
Mathematical & Natural Sciences,  
Morgan State University, 1700  
East Cold Spring Lane, Baltimore,  
MD 21252, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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MDPI, St. Alban-Anlage 66  
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