



Applied Exercise Physiology and Nutrition to Physical Activity and Health: From Molecular to Clinical Aspects

Guest Editor:

Dr. Alberto Pérez-López

Departamento de Ciencias
Biomédicas, Área de Educación
Física y Deportiva, Facultad de
Medicina y Ciencias de la Salud,
Universidad de Alcalá, 28871
Madrid, Spain

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Message from the Guest Editor

Regular physical activity and healthy nutrition are key lifestyle factors that modulate lifelong health. Both exercise and nutrition stimulate metabolic adaptations that reduce the risk of developing chronic diseases and result in beneficial effects on symptoms and the course of these diseases. However, further investigation is needed in which the dose–response effects of different exercise and nutrition protocols are elucidated toward facilitating an individualized prescription of physical activity and nutrition for different populations.

We encourage interested scientists, clinicians, and exercise specialists to submit their contributions, with a specific focus on applied physiology, nutrition, and metabolism in physical activity and health, in which the manipulation of exercise and/or nutrition, from molecular to clinical perspectives, are used to prevent or treat chronic diseases (metabolic, immune, neurological, musculoskeletal or cardiovascular) and age-related syndromes in any population.





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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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