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Optimizing Nutrition for Sports and Metabolic Chronic Disease

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Message from the Guest Editor

Dear Colleagues,

Nutrition and body composition represent the principal aspects of sports performance for extreme and high-intensity sports and for social sports. A correct lifestyle includes indications for food intake to reduce the possibility of accumulation of cardiovascular risks such as hypertension, diabetes and obesity and to improve life expectancy. Sports medicine is largely involved in exercise prescription programs, and nutritional investigation contributes to tailoring these exercise programs. In fact, few data are available, especially in cases of extreme ambient conditions, as is usual for “tactical athletes” working in high-impact sports. This Special Issue will focus on the factors related to lifestyle, dietary approaches, food intake and composition that influence sports activity and lifestyle reconditioning. Authors are also encouraged to submit research and reviews with emphasis on prevention and treatment strategies.



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Special Issue



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Message from the Editorial Board

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