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## Healthy Aging through Nutrition and Exercise

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### Message from the Guest Editors

Research on the effects of diet and physical activity on the aging process is crucial to enhancing the quality of life for the elderly, addressing the challenges posed by an aging population, and mitigating the burden on healthcare systems. Studies show that adopting a balanced diet rich in essential nutrients and engaging in regular exercise can help older adults maintain their mobility, cognitive function, and emotional health, contributing to an improved quality of life. However, this area continues to have some knowledge gaps. Each individual's aging process is unique, influenced by genetics, environment, and lifestyle. Investigating the personalized effects of nutrition and exercise can lead to tailored recommendations that optimize healthspan (the period of life spent in good health) based on an individual's specific needs and circumstances.

Thus, this Special Issue aims to develop scientific advancements in the knowledge of the complex interactions between nutrition, exercise, genetics, and aging. This knowledge can drive the development of innovative interventions, pharmaceuticals, and technologies aimed at extending healthy lifespans.



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# Special Issue



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