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Nutritional Supplements, Exercise Interventions, and Skeletal Muscle Health

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Message from the Guest Editors

Maintaining skeletal muscle is critical to the sustenance of healthy life. Skeletal muscle is the major metabolic tissue responsible for maintaining independent living as well as preventing or recovering from various metabolic diseases. Further, having a greater proportion of skeletal muscle to total body mass is associated with an increase in quality of daily living and survival. While a number of studies have reported the importance of a healthy diet and physical activity in skeletal muscle health, there is a need to enhance our understanding of the underlying mechanisms of specific nutritional administration and exercise intervention strategies to promote skeletal muscle health in various populations. Therefore, the purpose of this Special Issue on ‘Nutritional Supplements, Exercise Interventions, and Skeletal Muscle Health’ is to advance our knowledge concerning how specific nutritional supplements and exercise interventions can improve skeletal muscle health in various populations. This Special Issue welcomes research articles that address the association between nutrition and exercise intervention with skeletal muscle disorders.



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Special Issue



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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.

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