



Nutritional Support, Dietary Strategies and Exercise on Bone and Muscle

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Message from the Guest Editors

Dear Colleagues, Bone and muscle tissues are crucial for overall well-being across one's lifespan. There is a close relationship between nutrition, exercise and bone and muscle health that can impact overall quality of life. From a nutritional point of view, macro and micronutrients (i.e., vitamins and minerals) are closely related to bone and body composition. Moreover, by modifying the type or intensity of exercise as well as with different nutritional strategies, bone and muscle health can be significantly altered. This Special Issue explores the relationship between nutrition, exercise and bone and muscle health, with the aim of determining and explaining the basis for dietary strategies, nutritional support or exercise that are related or may impact bone and muscle health in different types of populations. This Special Issue invites submissions on topics including epidemiology, clinical trials, observations, and systematic reviews and meta-analyses. Submissions of new findings from current work on nutrition, dietary strategies and exercise that can provide insightful perspectives on bone and muscle health are welcome.





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