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Nutrition, Physical Activity, Aging and Health

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Message from the Guest Editors

Aging has become unstoppable, and all countries are facing major challenges. Therefore, maintaining the proper health of the population and their mobility will become more and more important in the coming decades.

The aging of the population increases the incidence of health-related problems and physiological decline, and creates dependence. Changes in aging research can be attributed to the underlying aging process and changes caused by age-related diseases. Some lifestyle factors such as optimal nutrition, high levels of physical activity/exercise, and low levels of sedentary time help prevent mental and physical decline associated with age-related diseases.

The purpose of the "Nutrition, Physical Exercise, Aging and Health" special issue is to publish selected papers describing how lifestyle factors, including those related to nutrition and physical activity, affect the aging process and related health conditions. In particular, papers (reviews and randomized controlled trials or experimental studies) dealing with the role of nutrition and physical activity in the aging process and health status and related molecular changes are welcome.



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Special Issue



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