



Training and Nutrition for Health, Anti-aging, and Physical Performance

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Deadline for manuscript
submissions:

closed (15 July 2022)

Message from the Guest Editor

Training and exercise are common forms of activity aimed at improving overall health and increasing sports performance. The effectiveness of different training methods in the development of physical fitness and prevention is also associated with an appropriate diet and supplementation, adapted to individual needs. Due to the importance of training and nutrition in public health and sports performance, it is important to investigate and understand the influence of different training methods, nutrition, and its acute and chronic impact on health, anti-aging promotion, and sports performance.

This Special Issue of the International Journal of Environmental Research and Public Health will welcome cross-sectional studies, longitudinal studies, and review articles related to the impact of new training and nutrition concepts or strategies on acute and chronic changes in physical fitness and health. This Special Issue aims to broaden knowledge about innovative training methods and nutrition, which will allow us to optimize the pursuit of improving physical fitness and sports performance and to support anti-aging prevention.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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