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## Exercise and Nutrition Interventions for Improving Musculoskeletal Health in Older Adults

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### Message from the Guest Editors

The musculoskeletal system, which is responsible for locomotion and movement, also plays a fundamental role in the regulation of whole-body metabolism.

Physical exercise and nutrition are important factors in the development and maintenance of the musculoskeletal system. For this reason, in present times, they are considered as targets for the maintenance of a healthy equilibrium and to overcome the effects of aging.

This Special Issue intends to expand the knowledge on the role of physical exercise and nutritional interventions to promote the healthy aging of the musculoskeletal system and its implications on the quality of life of aged persons.

The present Special Issue aims at collecting reviews, regular research papers, and short communications, providing novel insights on the importance of physical exercise and nutritional interventions in human or animal studies that have relevance to human health.



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# Special Issue



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