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Physical Activity and Nutrition Research

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Deadline for manuscript submissions:

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Message from the Guest Editors

Childhood, especially early childhood, is a critical period to create a healthy diet and physical activity habits, which are vital for optimal growth, development, and health. Furthermore, as diet and physical activity habits have been found to track into adolescence and adulthood, there is a great need for the promotion of healthy lifestyle behaviors early in life. Poor nutrition and insufficient physical activity are risk factors for overweight and obesity as well as for metabolic disorders in childhood. Thus, the promotion of a healthy diet and adequate physical activity in young children is essential. This Special Issue entitled “Physical Activity and Nutrition Research” welcomes original research articles, reviews, and meta-analyses on any subject related to nutrition and physical activity in children aged 0 to 12 years.



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Special Issue



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Message from the Editor-in-Chief

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