



Aging Strong: Promoting Exercise and Nutrition to Combat Frailty in Older Adults

Guest Editor:

**Dr. Ricardo Aurélio Carvalho
Sampaio**

Department of Physical
Education, Federal University of
Sergipe, São Cristóvão 49100-
000, Brazil

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Message from the Guest Editor

Dear Colleagues,

As people age, they may experience several changes that can impact their health and quality of life, including physical and cognitive changes. Common physical changes include decreased muscle mass and strength (i.e., sarcopenia), consequently resulting in impaired mobility, balance problems, and falling. The aging process may also be aggravated by the presence or combination of chronic diseases, poor nutrition, and sedentary behavior, and, once they are related to frailty, a multidimensional state of increased vulnerability to adverse health outcomes.

Considering this, this Special Issue aims to disseminate studies focused on identifying the characteristics and/or magnitude of physical and cognitive aspects (or changes) in older people (e.g., by the analysis of body composition, physical function (and activities of daily living), strength, balance, sedentary behavior, noncommunicable diseases); as well as to identify exercise programs and nutritional programs that can promote health in this population. Interventions, case-control, cross-sectional, longitudinal, systematic reviews, and meta-analysis studies are welcomed for submission.





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Message from the Editor-in-Chief

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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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