



Diet, Physical Activity, Obesity and New Technologies (eHealth) in Older Adults

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Deadline for manuscript
submissions:

closed (30 September 2023)

Message from the Guest Editors

Dear Colleagues,

Considering that in the future older adults will be a population with a higher level of digital literacy than their current peers, new strategies to promote the practice of physical activity, exercise and nutrition should consider the use of new digital technologies as a useful tool to stimulate and promote this change of healthier lifestyles and habits in the elderly.

This Special Issue of International Journal of Environmental Research and Public Health (IJERPH) focuses on the current state of knowledge on the interaction between physical activity and exercise programs, nutritional state, psychological and motivational factors, and recent technologies as a fundamental aspect to be considered in strategies to promote programs that reduce the problems of obesity and sarcopenia in the older adult population. We welcome articles that explore the interconnection between all factors, with a focus on healthy aging. We will accept manuscripts from different fields, including sport and exercise science, physiology, health sciences, and health education.





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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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