



Second Edition: Nutritional Status, Physical Activity and Quality of Life in Older Adults

Guest Editors:

Prof. Dr. Elisabetta Marini

Department of Life and
Environmental Sciences,
Neuroscience and Anthropology
Section, University of Cagliari,
09124 Cagliari, Italy

Dr. Luis Alberto Gobbo

Department of Physical
Education, São Paulo State
University, Sao Paulo 19060-900,
Brazil

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Message from the Guest Editors

Dear Colleagues,

The aging process causes progressive changes in body mass and composition, which occur even in the absence of disease. The main variations are the reductions in muscle mass, muscle strength, and physical performance. Such variations can lead to sarcopenia, which in turn leads to a general deterioration in the quality of life and to an increased risk of mortality.

Furthermore, physiological aging often exposes the elderly population to the risk of malnutrition. This risk is increased when physiological factors are combined with nonphysiological factors, such as psychological disorders, inactivity and sedentary behavior, and poor dietary habits.

For these reasons, maintaining a good quality of life is important for the health and wellbeing of this fragile proportion of the population.

The aim of this Special Issue is to collect information concerning physiological ageing and its main correlates, which can be useful in defining strategies to slow the process.





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Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
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University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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Health* Editorial Office
MDPI, Grosspeteranlage 5
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