



## Exercise and Healthy Eating for Successful Aging with HIV

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### Message from the Guest Editors

Dear Colleagues,

A Special Issue on exercise and healthy eating for successful aging with HIV, to be published in the *International Journal of Environmental Research and Public Health*, is being organized. For detailed information on the journal, I refer you to <https://www.mdpi.com/journal/ijerph>.

With the use and advancement of antiretroviral therapy, life expectancy among the HIV/AIDS population has dramatically improved over the years. In the United States, an estimated 50% of people living with HIV (PLWH) have already reached age 50 while, at the same time, facing a higher risk for cognitive, physical, and functional declines. Healthy aging with HIV, however, is possible and can lead to a near-normal life expectancy, but only with effective health promotion along with prevention and management of co-morbidities.





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## Editor-in-Chief

**Prof. Dr. Paul R. Ward**

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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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