



Healthy Nutrition and Physical Activity

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Message from the Guest Editors

Dear Colleagues,

Moderate physical activity combined with proper nutrition are considered protective factors against cardiovascular disorders, musculoskeletal injuries, dysregulation of immune system, cellular aging, neurodegenerative diseases and oxidative stress.

At the same time, nutrition can help to enhance athletic performance. An active lifestyle and exercise routine, along with proper diet, is the best way to stay healthy.

This Special Issue aims to highlight the impact of nutrition on physical activity on the onset of disorders that can endanger the health of people who have a poor diet and practice physical activity. Identifying the mechanisms underlying this relationship and defining new intervention strategies could represent a new useful tool to ensure a suitable diet to support physical activity in conditions of maximum safety. New research papers, reviews and case reports addressing these topics are invited for this special issue.





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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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