



Physical Activity, Nutritional Status, Physical Fitness

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Message from the Guest Editor

Physical activity, nutritional status, and fitness are important predictors of public health and the well-being of society as a whole. They influence the preparation to perform official duties (tasks) in some professional specialties. They are also important factors leading to success in professional sport and sport for all. The "Physical activity, nutritional status and physical fitness" supplement consists of articles on two main thematic fields.

The first field is a series of articles in which Polish soldiers, policemen and border guards were the research material. The research issues concerned the determination of the level of physical activity, problems related to overweight and obesity, adherence to dietary recommendations and the determination of energy expenditure.

The second thematic field concerns physical activity, nutritional status and fitness of the general public. Interesting topics that were discussed include the index for diet assessment, biomechanical aspects of sports training and influence some genes on obesity.





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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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