



## Physical Activity and Nutrition for Public Health

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### Message from the Guest Editors

Physical activity are common forms of activity aimed at improving overall fitness, wellbeing, and health both in healthy people as well in people with chronic diseases. Over the last decade, many regular types of physical activity researches with large prospective cohorts have been conducted. The risk of morbidity and mortality has been reduced by 30% to 40% as a result of exercise. Studies related to physical activity mainly analyze variables such as the type and order of effort or exercise, intensity, training volume, and frequency as well as duration of rest intervals. However, the effectiveness of different training methods in the development of physical fitness and prevention is also associated with an appropriate diet and supplementation, adapted to individual needs. Due to the importance of training and nutrition in public health, it is important to investigate and understand the influence of different training methods, nutrition, and its acute and chronic impact on health, anti-aging promotion. This Special Issue will welcome studies related to the impact of physical activity and nutrition concepts on acute and chronic changes in physical fitness and health.





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