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The Role of Healthy Diet and Lifestyles in Old Age

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Message from the Guest Editors

Dear Colleagues,

Centenarians are being studied as models of healthy aging to help researchers understand the determinants of excess health span and longevity with functionality. Research studies have shown that diet and lifestyle can both affect health. Diet, physical activity, and exercise have a positive effect on physical, social, cognitive, and psychological status at any stage of life, promoting longevity with functionality. In addition, sleeping pattern, positive mental attitude, engaging in cognitive stimulating activities, and avoidance of risk behaviours, such as smoking and excessive alcohol intake, have similar positive effects on longevity. Therefore, research on an active and healthy lifestyle is important.

This Special Issue is interested in aging-related studies on dietary intake, nutrition, physical activity, exercise, physical fitness, mental health, quality of life or related issues. This Special Issue specifically aims to receive research that helps to better understand the connections of healthy diet, physical activity, health behaviours, and lifestyle with the promotion of longevity with functionality, especially among centenarians.



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Special *Issue*



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