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Combined Nutrition and Exercise Interventions in Community Groups

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Deadline for manuscript
submissions:
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Message from the Guest Editor

Dear Colleagues,

Diet and physical activity are two key modifiable lifestyle factors that influence health across the lifespan (prevention and management of chronic diseases and reduction of the risk of premature death through several biological mechanisms). Community-based interventions contribute to public health, as they have the potential to reach high population-level impact, through the focus on groups that share a common culture or identity in their natural living environment. While the health benefits of a balanced diet and regular physical activity are commonly studied separately, interventions that combine these two lifestyle factors have the potential to induce greater benefits in community groups than strategies focusing only on one or the other. Thus, this Special Issue entitled “Combined Nutrition and Exercise Interventions in Community Groups” will comprise manuscripts that highlight this combined approach (balanced diet and regular physical activity) in community settings. Original research articles and reviews (systematic reviews and meta-analyses) are welcome.

Prof. Dr. Carlos Vasconcelos
Guest Editor



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Special *Issue*



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Message from the Editorial Board

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