



*nutrients*



an Open Access Journal by MDPI

## Effects of Diet Quality and Physical Activity on Cardiorespiratory Fitness in Health and Disease

Guest Editor:

**Prof. Dr. Uwe Tegtbur**

Institute of Sports Medicine,  
Hannover Medical School, 30625  
Hannover, Germany

Deadline for manuscript  
submissions:

**closed (15 July 2023)**

### Message from the Guest Editor

Physical activity and nutrition have significant influences on the risk and manifestation of chronic diseases. Cancer, diseases of the cardiovascular system, metabolism and aging can be influenced positively or delayed considerably by a healthy lifestyle. More and more children and adolescents show signs of diabetes mellitus or arteriosclerosis already at a young age due to unhealthy nutrition and too little physical activity.

People benefit differently from more physical activity or a healthy diet, or from a combination of both. In terms of personalized medicine, it is therefore of great interest to define the ideal composition of exercise and diet for the individual.

The objective of this proposed Special Issue on “Effects of Diet Quality and Physical Activity on Cardiorespiratory Fitness” is to publish special papers investigating the effects of diets, increasing physical activities or both on physical fitness in combination with their effects on health status. Papers with clinical or experimental studies dealing with the effects of diet and/or exercise in health and disease status or with high metabolic or cardiovascular risks will be included.



[mdpi.com/si/117723](https://mdpi.com/si/117723)

**Special** *Issue*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

## Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI