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## Effect of Dietary, Nutrition and Physical Activity on Body Composition

Guest Editors:

**Prof. Dr. Gian Pietro Emerenziani**

Dipartimento di Medicina  
Sperimentale e Clinica, Università  
degli studi Magna Graecia di  
Catanzaro, Catanzaro, Italy

**Dr. Maria Grazia Tarsitano**

Department of Medical and  
Surgical Science, University  
Magna Graecia, 88100 Catanzaro,  
Italy

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### Message from the Guest Editors

Body composition is regulated by several mechanisms, including diet, physical activity/exercise, genetic and behavioural factors. Eating a balanced diet and being physically active are two modifiable factors for staying healthy at any age. Indeed, both behaviours may reduce the risk of chronic diseases, promote weight loss and prevent weight gain, improving the ability to live independently. Regarding sport and fitness performance, a body composition resulting from the consumption of a balanced diet and the regular practice of physical activity may lead to better results. Interestingly, the evaluation of body composition may help to detect and solve different health issues in both sport performance and malnutrition, ranging from undernutrition to overweight. Current evidence suggests a relationship among different nutrient intakes (normal foods, fortified foods, nutraceuticals, etc.), physical exercise (aerobic, strength, combined, etc.) and body composition, both in athletes and in the general population.



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# Special Issue



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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

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## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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