



## Role of Nutrition and Physical Activity on Frailty and Cognitive Status in Aging

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### Message from the Guest Editor

Dear Colleagues,

The world population is experiencing significant aging which has resulted in rising proportions of older persons, estimating to reach 1.2 and 2 billion people over 60 years of age by 2025 and 2050, respectively. There is increasing evidence about the effects of diet quality, adherence to Mediterranean diet, and physical activity/exercise behaviors on frailty, cognition, and aging. In this regard, frailty and cognitive decline are two of the most relevant consequences associated with the aging process affecting quality of life, functionality, and independence in older adults.

This Special Issue “Role of Nutrition and Physical Activity on Frailty and Cognitive Status in Aging” is to publish selected papers describing how lifestyles including nutrition and physical activity influence the main health problems associated with aging. Particularly, papers (reviews and randomized control trial or experimental studies) dealing with the role of nutrition and physical activity on the prevention and treatment of frailty, cognition, and dementia, and the related molecular changes, will be included.

Dr. David Jiménez Pavón  
*Guest Editor*





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