



*nutrients*



an Open Access Journal by MDPI

## The Effects of Healthy Lifestyles on Chronic Diseases: Focusing on Diet, Sleep and Exercise

Guest Editors:

**Dr. Inês Chaves**

Department of Molecular Genetics, Erasmus MC Cancer Institute, Erasmus University Medical Centre Rotterdam, 3015 GD Rotterdam, The Netherlands

**Prof. Dr. Henrik Oster**

Center of Brain, Behavior and Metabolism, Institute of Neurobiology, University of Lübeck, Marie Curie Street, 23562 Lübeck, Germany

### Message from the Guest Editors

Health is a topic that is both long investigated but also constantly developing. Among all the factors affecting health, lifestyle is the most controllable and influential factor. A proper diet, moderate exercise, and adequate sleep are the three cornerstones of a healthy lifestyle. Developing and adhering to healthy habits and behaviors can effectively prevent and control chronic diseases. An important factor that is often overlooked regarding a healthy lifestyle is the impact of circadian rhythms. The timing component is an important factor when studying the effect of diet, sleep, and exercise on health, and taking into account lifestyle interventions could lead to additional health benefits.

Deadline for manuscript submissions:

**closed (25 May 2023)**



[mdpi.com/si/143887](https://mdpi.com/si/143887)

**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)

## 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